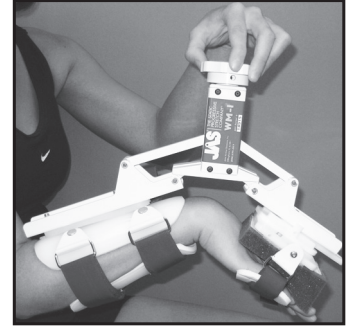
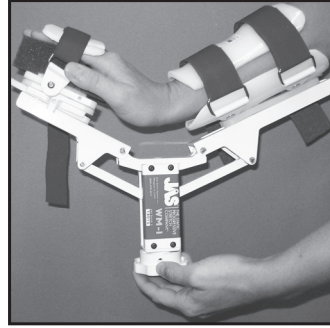


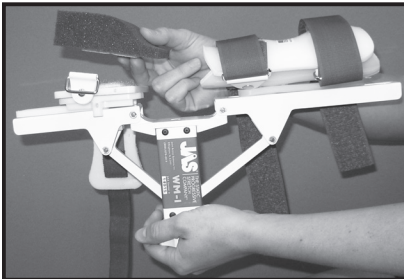
FITTING INSTRUCTIONS

It is best to carry out your JAS therapy session in a comfortably seated position. The base of the device can rest comfortably on your lap or on a table or desk in front of you. You should not be up walking during a JAS treatment session.

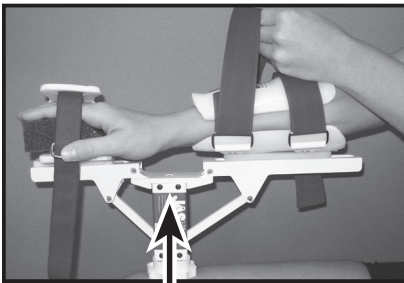


EXTENSION USE

STEP 1: PLACE HAND AND FOREARM IN DEVICE



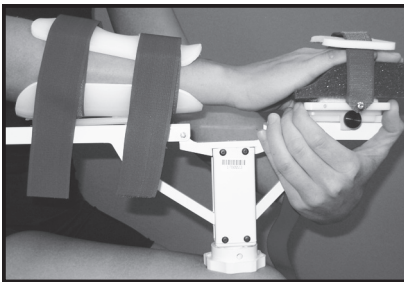
- Secure extension foam support to hand plate.
- Loosely feed straps through D-rings.



- Slide hand and forearm into JAS device with tower under wrist.
- Make sure wrist is aligned over center of tower
- Secure forearm straps comfortably snug

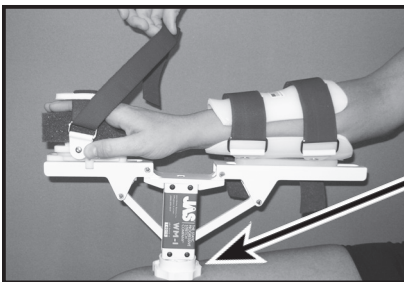
Align wrist over center of tower

STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen thumb screw on side of hand support, and slide forward or back until it is positioned comfortably under palm and fingers

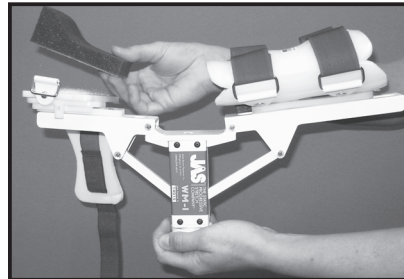
STEP 3: SECURE HAND SUPPORT STRAP AND BEGIN THERAPY



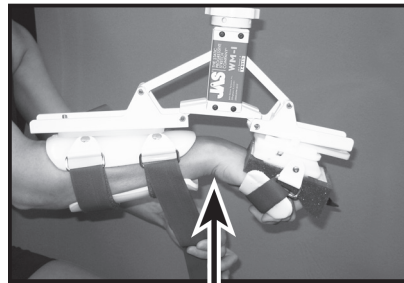
- Secure hand strap comfortably snug
- Begin treatment protocol by rotating therapy knob as outlined on back of page

FLEXION USE

STEP 1: PLACE HAND AND FOREARM IN DEVICE



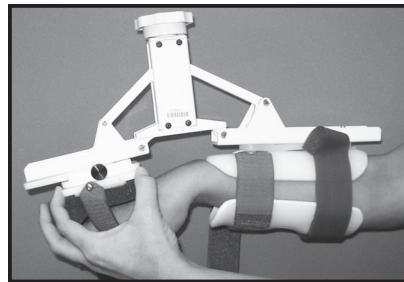
- Secure flexion foam support to hand plate.
- Loosely feed straps through D-rings



- Slide hand and forearm into JAS device with tower over wrist.
- Make sure wrist is aligned under center of tower
- Secure forearm straps comfortably snug

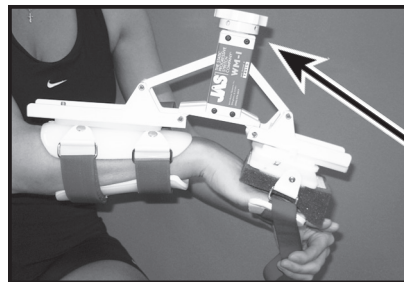
Align wrist under center of tower

STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen black knob on side of hand support, and slide forward or back until it is positioned comfortably over back of hand

STEP 3: SECURE HAND SUPPORT STRAP AND BEGIN THERAPY



- Secure hand strap comfortably snug
- Begin treatment protocol by rotating therapy knob as outlined on back of page

NOTE: If you feel pressure or discomfort at hand or wrist during ROM therapy session, loosen black knob and slide hand support outward to remedy.

RECOMMENDED

JAS[®] TREATMENT PROTOCOL

STEP 1: Rotate therapy knob until a gentle, pain-free stretch is felt. Level 2-3 on stretch intensity scale.



STEP 2: Hold stretch position for 5 minutes. Before turning knob, re-assess stretch level:

1. If stretch intensity has decreased, rotate knob until you feel a 2-3 level stretch again.
2. If stretch intensity has not changed, leave in same position.
3. If stretch intensity has increased, rotate knob in opposite direction until 2-3 level stretch is felt.

STEP 3: Hold stretch position for another 5 minutes.

Repeat steps 2 and 3 for a series of six 5-minute stretches (30-Minute Therapy Session).

IMPORTANT:

If you are initiating JAS therapy early post surgery, you may need to begin with shorter therapy sessions (one to three 5-minute stretches per session), due to post operative symptoms of swelling, pain and sensitivity to passive stretch. If so, gradually increase to 30-minute sessions over a two week period, as tolerated.

STEP 4: When 30-minute session is complete, turn knob in opposite direction until stretch is relieved, then remove device. You may feel some joint stiffness following your JAS session. Gently move your joint back and forth to “cool down” and relieve the stiffness.

IMPORTANT:

You must evaluate stretch sensation after each 5-minute stretch period, before adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, it is incorrect to turn further into the ROM. You will not achieve a desired result of permanent tissue stretch.

Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

NUMBER OF SESSIONS PER DAY

Three 30-minute sessions, per direction, per day, are suggested for optimal results. Begin with one 30-minute session per day and add sessions every 3-5 days as tolerated up to 3 sessions per direction per day.

WARNING: JAS SPS devices are NOT designed to be worn overnight or for prolonged, continuous periods of time. Joint Active Systems does not recommend or endorse a therapy protocol that includes extended wear times of 4 + hour sessions as are commonly recommended with dynamic splints or turnbuckle splints. This is due to the known increased risk of skin irritation and / or breakdown associated with any prolonged splinting regime. Wait 45-60 minutes between each JAS treatment session.

If you experience a change in swelling or irritation to your underlying condition when using the JAS device, discontinue use and contact your physician.

TECHNICAL SUPPORT

Call JAS toll free at **(800) 879-0117** for technical assistance and any questions regarding your JAS device. **This is a rental device.** At the end of your treatment it is **your responsibility** to contact JAS to terminate billing and arrange for device return.



Scan QR
Code for
online
instructions.



Joint Active Systems, Inc.

2600 South Raney • Effingham, IL 62401

TEL: (217) 342-3412 or (800) 879-0117

Email: info@jointactivesystems.com

www.jointactivesystems.com

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