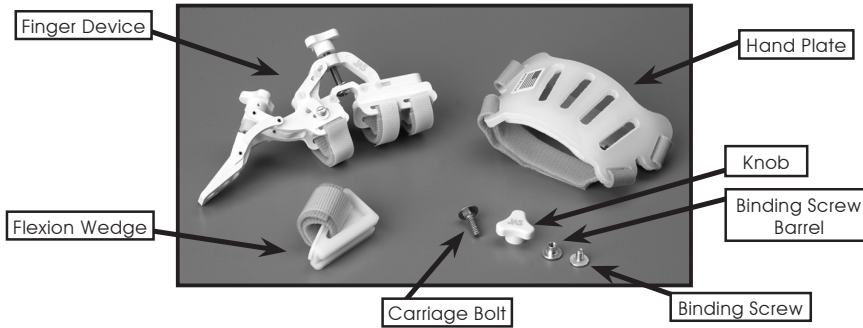


**FITTING INSTRUCTIONS**



**NOTE:** The JAS Finger Device can be used on any of all four fingers by aligning the device to the desired finger and attaching the device to hand plate. To work multiple fingers one can attach additional devices, or relocate the device to the desired finger to be stretched.

- Parts included.



**STEP 1:  
ATTACH DEVICE TO HAND PLATE**

**NOTE:** Correct hand plate application is with the straps to the "pinky finger" side of the hand.

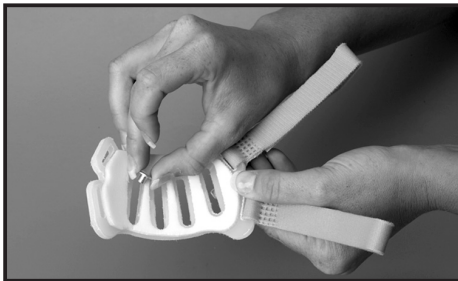


Fig. 1

**Figure 1**

- Insert the binding screw barrel into the bottom side of the selected hand plate slot.

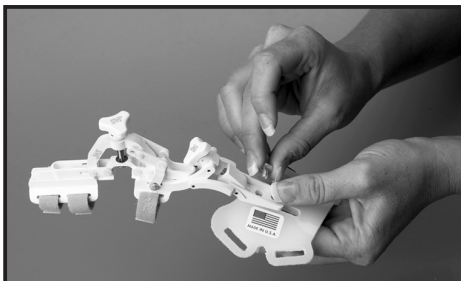


Fig. 2

**Figure 2**

- Align top hole on finger device over binding screw barrel.
- Secure finger device to hand plate with second half of binding screw. Do NOT fully tighten screw at this time. You will tighten during Step 3.

**IMPORTANT:** Be sure to attach device in the correct direction, so it extends from the distal end of the hand plate.

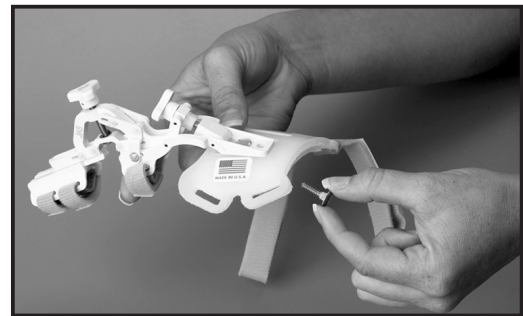


Fig. 3

**Figure 3**

- Insert carriage bolt into bottom side of slot and up through bottom hole of Finger Device.



Fig. 4

**Figure 4**

- Thread knob onto carriage bolt. Do NOT fully tighten bolt at this time. You will tighten it during Step 3.

**STEP 2:  
ATTACH HAND PLATE TO BACK OF HAND**

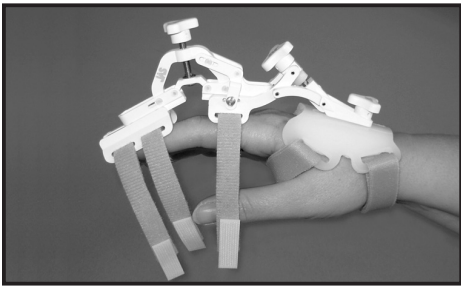


Fig. 5

- Center hand plate over back of hand, making sure it does not lie over MP joints.
- Feed hand plate straps through slots on the thumb side of splint and secure.

**STEP 3:  
APPLY DEVICE TO AFFECTED FINGER**

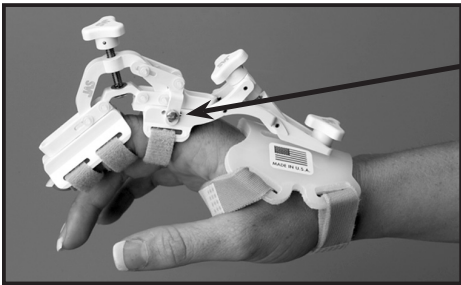


Fig. 6

CONTINUED →

**Figure 6**

- Align device so that MP and PIP joints are centered under corresponding device axis.
  - To align axis, device can be moved forward or back by sliding it along the slot in the hand plate.
- NOTE:** PIP joint axis position can be further adjusted by changing the screw hole positions (see arrow, figure 6) on either side of the proximal drive arm.
- Tighten binding screw and knob to prevent device from sliding along slot during use.
  - Secure finger straps.

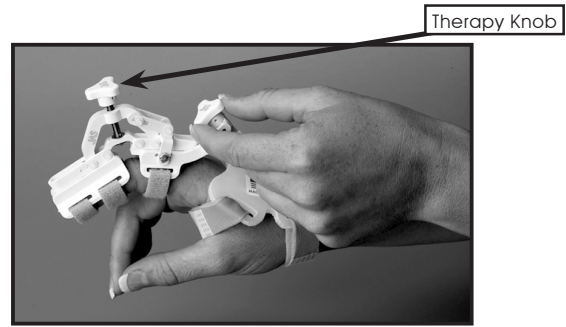


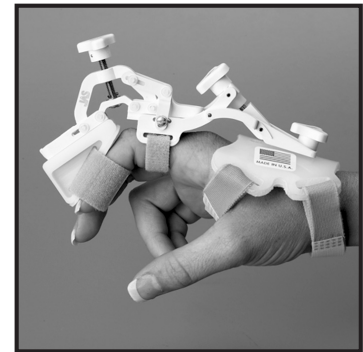
Fig. 7

**Figure 7**

- Adjust MP joint to desired angle by rotating MP knob. (Adjustable from 0°- 85°)
- Begin Treatment protocol by rotating therapy knob as outlined on back page.

## ATTACHING FLEXION WEDGE CUFF

The accessory flexion wedge cuff provides an additional 25° of PIP flexion, and replaces the distal cuff of the JAS device. **PLEASE NOTE:** When flexion wedge is in place, the device will be limited in extension ROM by 25°. If working in both PIP flexion and extension to regain ROM, you must change to the appropriate distal cuff for each session.



**STEP 1:  
REMOVE PROXIMAL CUFF**

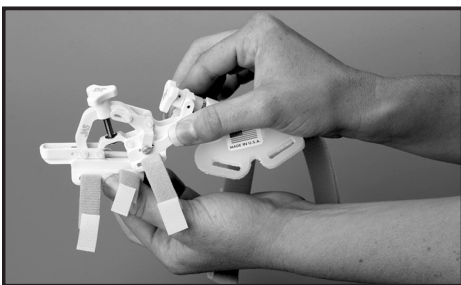


Fig. 1

**Figure 1**

- Adjust PIP ROM to maximum extension position. Open proximal cuff straps. Slide distal cuff towards center of device, and remove from distal drive arm.

**STEP 2:  
ATTACHING FLEXION WEDGE CUFF**

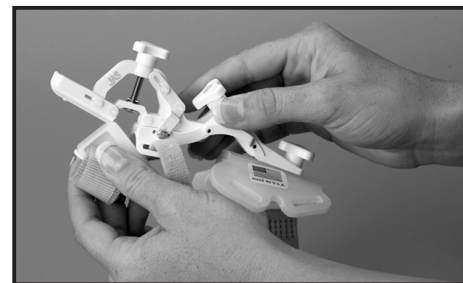


Fig. 2

**Figure 2**

- Slide extension wedge cuff onto distal drive arm.

# JAS<sup>®</sup> EZ GUIDELINES FOR USE

JAS EZ Turnbuckle orthoses are custom fabricated per individual patient. A series of specific measurements are taken so that the rigid polyethylene cuffs can be molded and cut to precisely fit the unique anatomic dimensions and anomalies of a patient's extremity. This is the only way to assure accurate fit and minimize potential for tissue irritation.

JAS EZ Turnbuckle orthoses can be prescribed by the practitioner in a variety of wearing protocols and applications. JAS EZ orthoses can be used as a Turnbuckle or a positional supportive brace as directed by the prescribing physician. Practitioners have the flexibility to prescribe shorter or longer term wearing times and treatment protocols. All programs should be monitored for progress by the supervising practitioner and managed accordingly.

## JAS<sup>®</sup> EXEMPLARY TREATMENT PROTOCOL

**NOTE:** The following protocol has been utilized with successful clinical outcomes. However, the wearing schedule, which includes duration and frequency of use, is to be ultimately determined by the prescribing physician or supervising practitioner. Should your prescribing physician or therapist recommend a different protocol please follow his or her instructions.

**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.

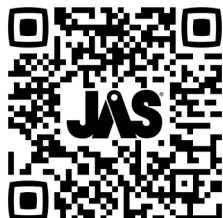
**IMPORTANT:** Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

**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. Wait 45-60 minutes between each JAS treatment session.

**CAUTION:** If you experience a change in swelling, skin integrity, numbness or irritation to your underlying condition when using the JAS EZ 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.



Scan QR  
Code for  
online  
instructions.



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