

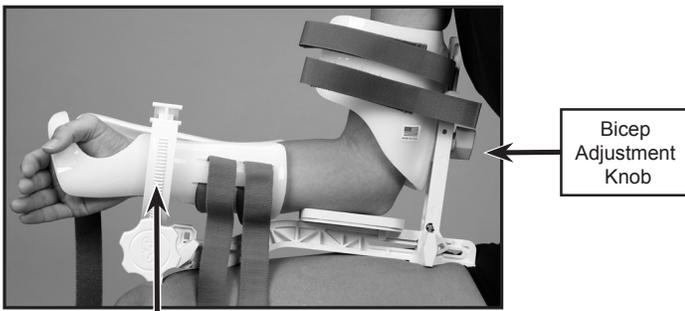
JAS[®] EZ PRONATION / SUPINATION

FITTING INSTRUCTIONS

It is best to carry out your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap. You should not be up walking during a JAS treatment session.

STEP 1: ADJUST FOREARM LENGTH (If Necessary)

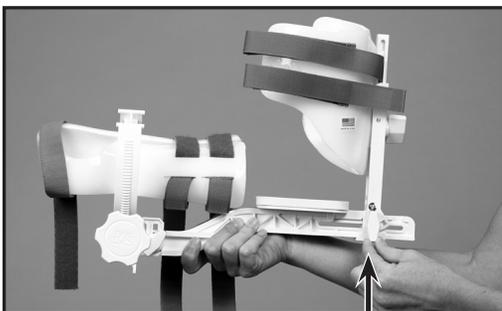
NOTE: This is a one-time adjustment and should be done at initial JAS fitting by your therapist or JAS representative.



Align Ulna Styloid with gear

- Place arm in device. Be sure to place elbow firmly back and down in device, like a heel in a boot.
- Lower hand fully down, to fit between the two hand plates.
- Assure that the ulna styloid is aligned with the gear.

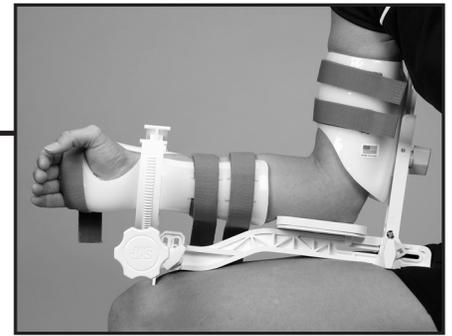
NOTE: If bicep cuff needs to be adjusted up or down for comfort, loosen the knob and reposition it.



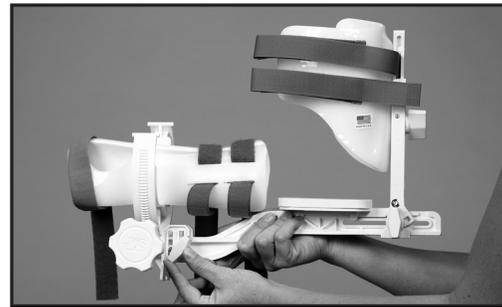
Length Adjustment Knob

- If length adjustment is necessary, remove arm from device, loosen the length adjustment knob, slide bicep cuff assembly forward or back to correct position and retighten knob.

SUGGESTION: Use a permanent marker to mark the location of the bicep cuff strut, to be sure of the correct position in the event it is moved.



STEP 2: ADJUST HAND SUPPORT HEIGHT (If Necessary)

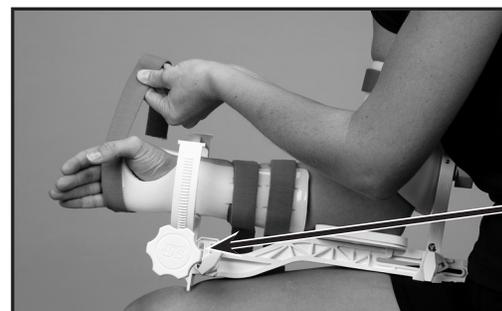


- With arm in device, assure that forearm is parallel to the horizontal strut below it (wrist should be at approximately same height as the elbow).
- If height adjustment is necessary, loosen knob below hand support assembly, adjust assembly up or down, and retighten knob.

STEP 3: SECURE ALL STRAPS



- Fasten straps of bicep cuff so that cuff fits comfortably snug.



Therapy Knob

- Fasten straps across wrist and hand so that the hand is snug in hand support.

IMPORTANT: Be sure to pull straps to take up slack through slits on bottom of hand support so the hand plates are evenly snug across wrist.

- Begin treatment protocol by rotating therapy knob as outlined on next page.

JAS[®] 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[®] 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.

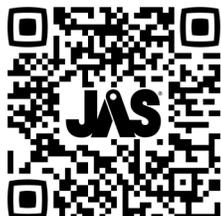
IMPORTANT: Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

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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