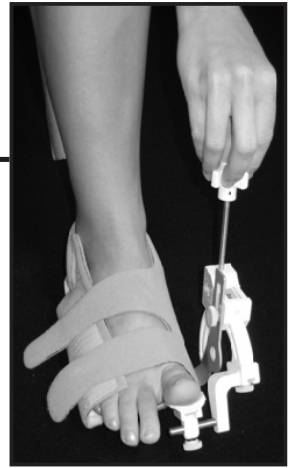


JAS[®] EZ TOE DEVICE

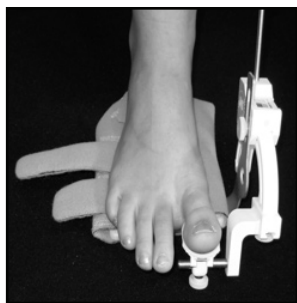
FITTING INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage and answer many questions.

NOTE: It is best to carry out your JAS therapy session in a comfortably seated position. If swelling is present, placing your foot in an elevated position is suggested. You should not be up walking during a JAS treatment session.



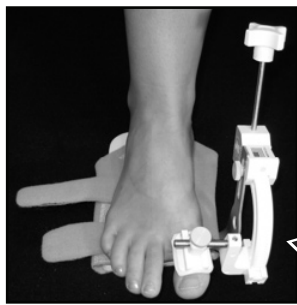
STEP 1: INITIAL DORSI-FLEXION / PLANTAR-FLEXION TOE PLATE ATTACHMENT



Dorsiflexion Position

The JAS E-Z Toe Device is provided set up for Dorsiflexion. To stretch in Plantarflexion do the following:

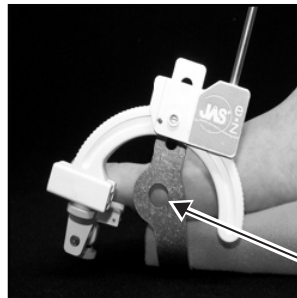
- Remove knob on bottom side of arced gear.
- Slide the sliding mechanism off the arced gear, flip, and re-attach.



Plantarflexion Position

Remove knob and flip toe plate

STEP 2: SECURE FOOT IN DEVICE



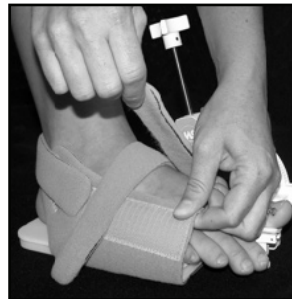
- Place foot on foot plate, making sure joint of the first toe is aligned with fulcrum of device (center circle on metal upright), and first toe clears foot plate.

Fulcrum



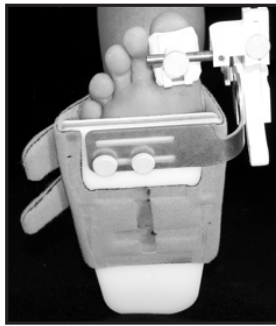
- Secure gray strap behind heel, comfortable snug.

STEP 2 (continued)



- Secure the two gray foam straps across forefoot, comfortably snug. Make sure foot is in firm contact with foot plate with no lifting.

STEP 3: ADJUST WIDTH OF DEVICE (IF NECESSARY)



- Loosen knobs on undersurface of foot plate.
- Slide silver base plate to left or right as needed, so that there is adequate space between metal upright and side of toe joint.

IMPORTANT:

Loosen knobs only enough to allow plate to slide. Do not over loosen.

STEP 4: ADJUST FOR LENGTH / POSITION OF TOE PLATE

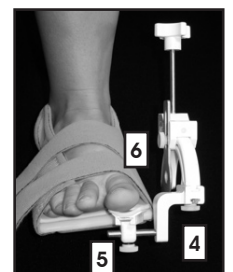
- Loosen knob at base of sliding mechanism and slide toe plate forward or back to proper position.
- NOTE: Toe plate should rest under base of toe when fit for dorsi-flexion, and over top of base of toe when fit for plantar-flexion.

STEP 5: ADJUST SIDE TO SIDE ADJUSTMENT OF TOE PLATE

- Loosen knob directly under toe plate.
- Slide toe plate to left or right along rod until positioned in comfortable alignment with toe.

STEP 6: ADJUST HEIGHT POSITION OF TOE PLATE

- Loosen knob on the vertical adjustment slot of the metal upright, and slide toe plate up or down so that it is in solid contact with toe.



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.

JAS Representative

Contact Number



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