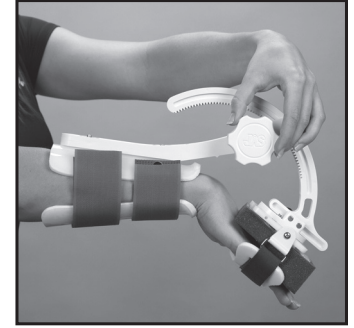
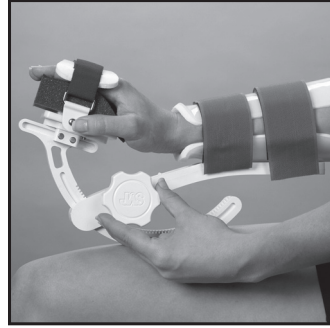


JAS[®] EZ WRIST EXTENSION & FLEXION

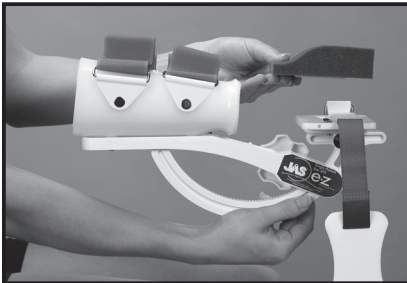
FITTING INSTRUCTIONS

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

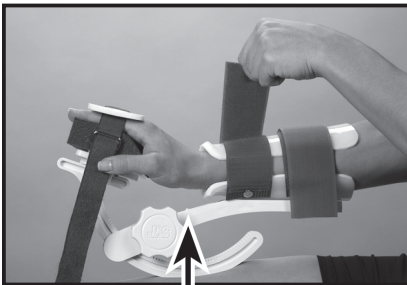


EXTENSION USE

STEP 1: PLACE HAND AND FOREARM IN DEVICE

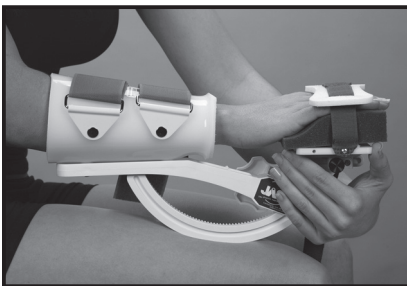


- Attach extension support to hand plate.
- Loosen all straps.



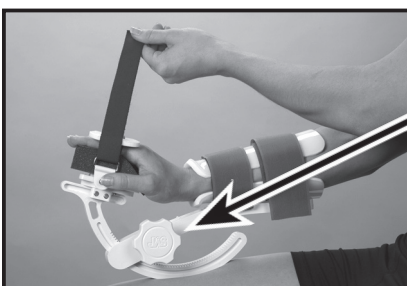
- Slide arm into device, with motion arm under wrist.
- Align wrist with markers on device.
- Secure forearm straps comfortably snug.

STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen knob on side of hand support, and slide forward or back until it sits comfortably under palm and fingers.
- Re-tighten knob.

STEP 3: SECURE HAND SUPPORT STRAP AND BEGIN THERAPY



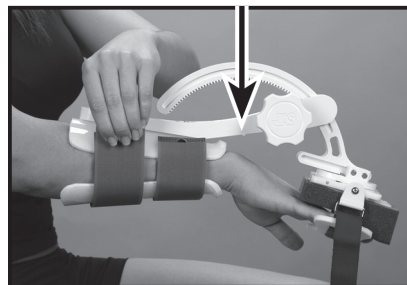
- Secure hand strap comfortably snug.
- Begin treatment protocol by rotating therapy knob as outlined on back of page.

FLEXION USE

STEP 1: PLACE HAND AND FOREARM IN DEVICE



- Attach flexion support to hand plate.
- Loosen all straps.



- Slide arm into device, with motion arm over wrist.
- Align wrist with markers on device.
- Secure forearm straps comfortably snug.

STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen knob on side of hand support, and slide forward or back until it sits comfortably over back of hand.
- Re-tighten knob.

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.

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.

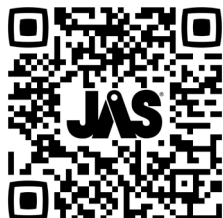
IMPORTANT: Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

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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