



**WRIST FLEXION / EXTENSION  
FITTING INSTRUCTIONS**

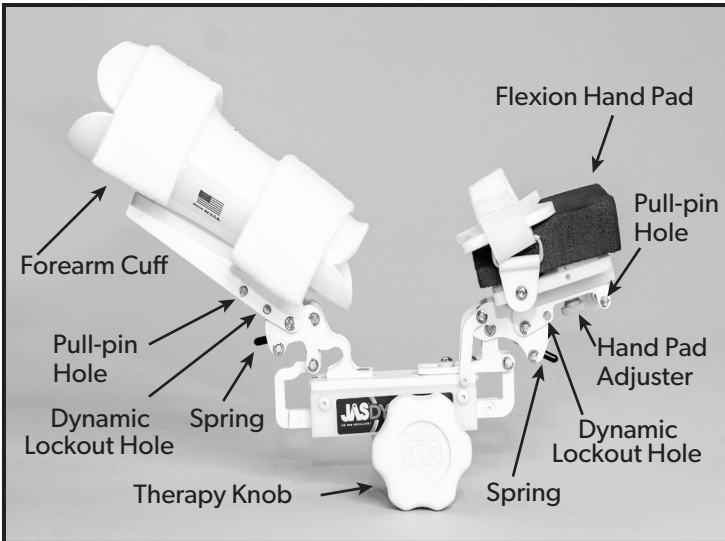
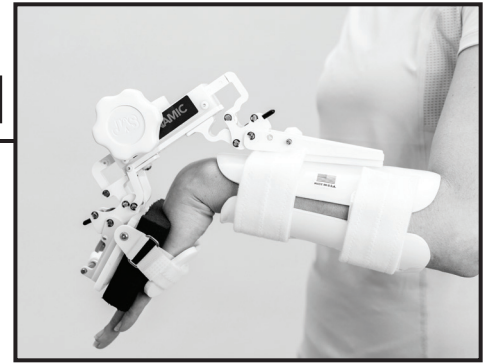


# JAS DYNAMIC WRIST FLEXION

## FITTING INSTRUCTIONS

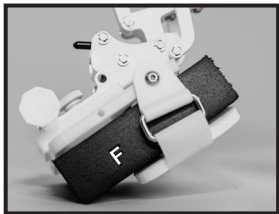
It is best to carry out your JAS therapy session in a comfortable seated position.

**\*DO NOT STAND OR WALK WHILE WEARING THE DEVICE\***



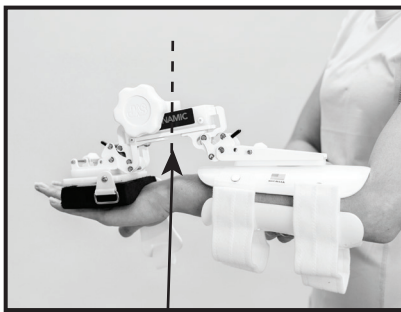
**Dynamic Lockout:** This device is set up with Pull-pins in the dynamic position. To lockout the dynamic feature, relocate the Pull-pins to the Dynamic Lockout Holes as shown above.

### STEP 1: ATTACH FLEXION HAND PAD



- Place only the Flexion Hand Pad on the device.
- Flexion Hand Pad will have the letter "F" on it.
- The thicker end of the wedge should rest on top of your hand on the pinky side.

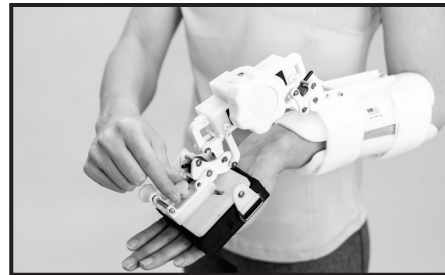
### STEP 2: PLACE ARM IN DEVICE



CENTER OF WRIST

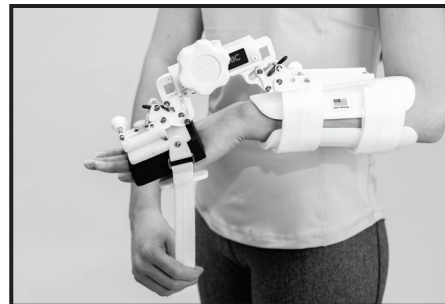
- Loosen all straps.
  - Place the device into full extension by rotating the Therapy Knob.
  - Place the device on back of hand and forearm. Align so the frame is centered over the wrist.
- Rotate the Therapy Knob to move the device into flexion until the angle approximately matches the flexed angle of the wrist.

### STEP 3: HAND PAD ADJUSTMENT



- Use the Hand Pad Adjuster to position the wrist end of the pad approximately 1" above the knuckles.

### STEP 4: SECURE STRAPS



- Secure the straps so they are all comfortably snug.

### STEP 5: BEGIN THERAPY



- Rotate the Therapy Knob clockwise until the springs are compressed.
- NOTE:** If you feel too much pressure, release pressure by rotating the Therapy Knob in the counterclockwise direction.
- Begin treatment by rotating Therapy Knob as directed by your physician or therapist.

- At the end of your therapy session, release the pressure by rotating the Therapy Knob counterclockwise, undo the straps, and remove the device.

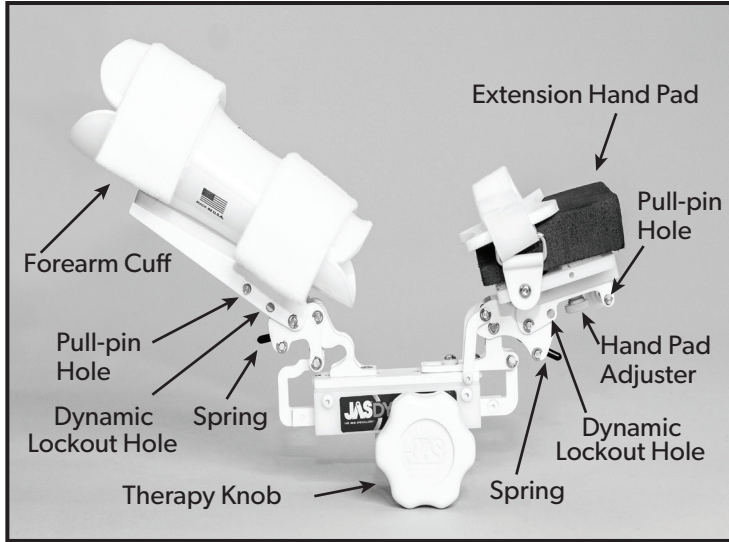
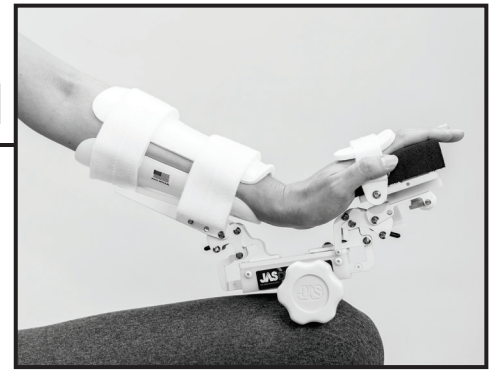


# JAS DYNAMIC™ WRIST EXTENSION

## FITTING INSTRUCTIONS

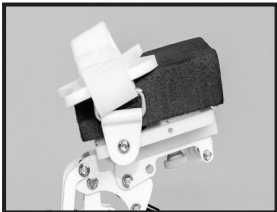
It is best to carry out your JAS therapy session in a comfortable seated position.

**\*DO NOT STAND OR WALK WHILE WEARING THE DEVICE\***



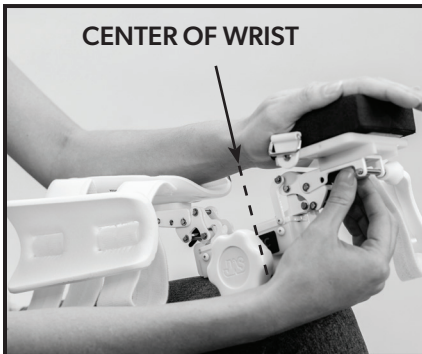
**Dynamic Lockout:** This device is set up with Pull-pins in the dynamic position. To lockout the dynamic feature, relocate the Pull-pins to the Dynamic Lockout Holes as shown above.

### STEP 1: ATTACH EXTENSION HAND PAD



- Place only the Extension Hand Pad on the device.
- The thinner edge of the wedge should rest under your palm.

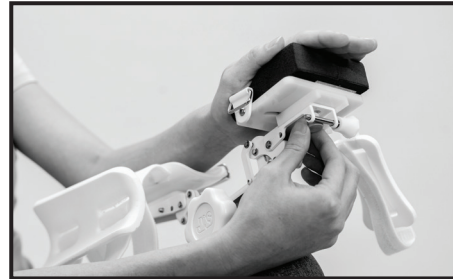
### STEP 2: PLACE ARM IN DEVICE



- Rotate the Therapy Knob to move the device into extension until the angle approximately matches the extended angle of the wrist.

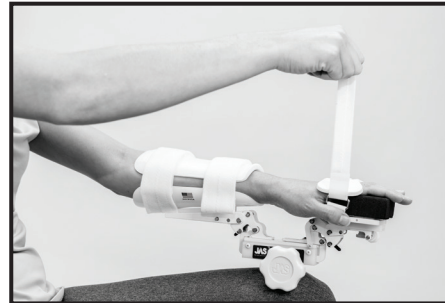
- Loosen all straps.
- Place the device into full extension by rotating the Therapy Knob.
- Place hand and forearm on the device. Align so the frame is centered under the wrist.

### STEP 3: HAND PAD ADJUSTMENT



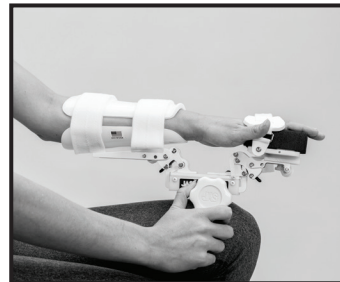
- Use the Hand Pad Adjuster to position the wrist end of the pad approximately 1" above the knuckles.

### STEP 4: SECURE STRAPS



- Secure the straps so they are all comfortably snug.

### STEP 5: BEGIN THERAPY



- Rotate the Therapy Knob clockwise until the springs are compressed.
- NOTE:** If you feel too much pressure, release pressure by rotating the Therapy Knob in the counterclockwise direction.

- Begin treatment by rotating Therapy Knob as directed by your physician or therapist.
- At the end of your therapy session, release the pressure by rotating the Therapy Knob counterclockwise, undo the straps, and remove the device.



**JAS DYNAMIC™**

## RECOMMENDED TREATMENT PROTOCOL

Wear the JAS Dynamic device while inactive, preferably while sleeping. If you are unable to sleep in the device, wear the device as long as possible during the day. Time spent wearing the device is the most important component in regaining range of motion.

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**STEP 1: Determine treatment tension:** Position limb at end of active range of motion *before* putting the JAS Dynamic device on. Rotate the therapy knob until you feel spring tension/resistance. Continue to rotate the therapy knob until you feel a low intensity stretch.

**STEP 2: Determine treatment time:** Maximum treatment time should be established by the patient's physician or therapist. Start with 1-2 hours of wear time and build up to 6-8 hours of continuous use per day.

- If during the treatment session the stretch intensity significantly decreases, turn the therapy knob until you again feel spring resistance / low intensity stretch.
- Decrease tension if unable to wear for extended periods of time.

**STEP 3: Removing JAS Dynamic Device:** When your session is complete, turn the therapy knob in the opposite direction until the spring tension is disengaged, then remove the device.

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### IMPORTANT

If you experience a change in swelling, sensation, or skin irritation, discontinue use and contact your physician.

### TECHNICAL SUPPORT

Call JAS toll free between the hours of 8:00 AM - 5:00 PM CST at **(800) 879-0117** for technical assistance or questions regarding your JAS device.

### DEVICE RETURN

**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.

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