



**SHOULDER
BODY CUFF MODEL**

FITTING INSTRUCTIONS



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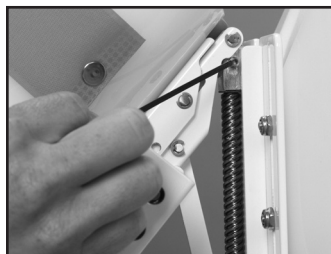
FITTING INSTRUCTIONS



For best results, use an armless chair with a back. Make sure arm is relaxed in the arm support and the involved shoulder is not elevated or hiked.

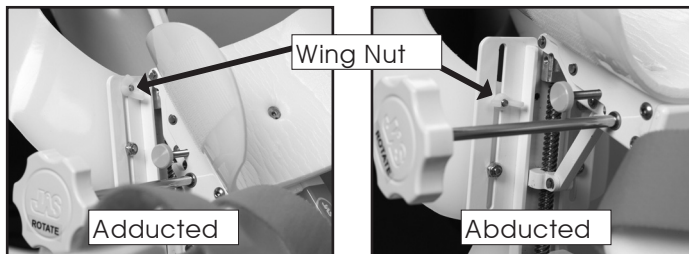
INITIAL SETUP (Prior to donning on patient)

SCAPULAR ALIGNMENT



- Using the Allen Wrench provided, the device can be adjusted to align with the scapular plane.
- Loosen the Set Screw located near the top of the device, just under the top of the Bicep Cuff, on the back side of the device.
- Adjust the angle of the device, then re-tighten the set screw.

CHEST CUFF ADJUSTMENT



- Estimate the range of abduction the patient is able to achieve.
- Loosen all Wing Nuts connecting chest cuff to device. Slide the Chest Cuff up or down, depending on the amount of abduction able to be achieved.

Note: Less abduction, Chest Cuff is upward in the slots. More Abduction, Chest Cuff is lower in the slots.

STEP 1: SLIDE DEVICE ONTO SHOULDER



- Slide arm through top shoulder strap and bicep cuff and rest it on arm support.



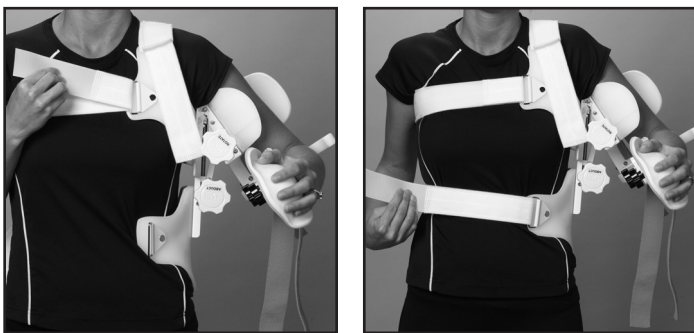
- Let shoulder strap rest on shoulder.

STEP 2: ALIGN DEVICE TO SHOULDER JOINT



- Pull shoulder strap to raise device so that fulcrum is approximately 1" below underarm.
- Make sure arm is relaxed and shoulder is not hiked when checking for proper height.

STEP 3: SECURE CHEST AND WAIST STRAP



- Feed straps through d-rings and secure comfortably snug.

STEP 4: ADJUST LENGTH OF UPPER AND LOWER ARM SUPPORT

NOTE: Upper arm support length is correct when the center of elbow sits in center of the gear.



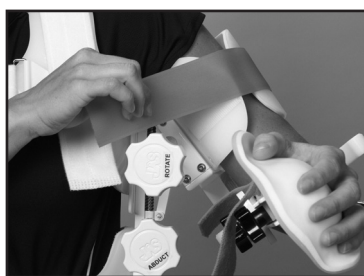
Epicondyle

- To adjust upper arm support length: loosen knob under the bicep cuff, slide end of support in or out to proper length, and re-tighten knob.



- To adjust lower arm support length: loosen knob under the hand cuff, slide hand cuff in or out to proper length, and re-tighten knob.
- If patient is unable to flex or extend elbow to fit into device: loosen knob under the forearm cuff, pivot the lower arm support to desired angle, and re-tighten knob.

STEP 5: SECURE ARM SUPPORT STRAPS



- Secure upper arm, forearm, and hand support straps comfortably snug.

STEP 6: ADJUST ABDUCTION POSITION



- Rotate abduction knob to desired position of shoulder abduction, as directed by doctor or therapist.

NOTE: As internal rotation increases, abduction must be increased so that forearm can clear body.

STEP 7: BEGIN THERAPY



External Rotation



Internal Rotation

- Rotate therapy knob to begin treatment protocol outlined on following page.
- ROM therapy can be done for both internal and external rotation.

RECOMMENDED

JAS[®] TREATMENT PROTOCOL

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:

You must evaluate stretch sensation after each 5-minute stretch period, before adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, it is incorrect to turn further into the ROM. You will not achieve a desired result of permanent tissue stretch.

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.

WARNING: JAS SPS devices are NOT designed to be worn overnight or for prolonged, continuous periods of time. Joint Active Systems does not recommend or endorse a therapy protocol that includes extended wear times of 4 + hour sessions as are commonly recommended with dynamic splints or turnbuckle splints. This is due to the known increased risk of skin irritation and / or breakdown associated with any prolonged splinting regime. Wait 45-60 minutes between each JAS treatment session.

If you experience a change in swelling or irritation to your underlying condition when using the JAS 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. **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.



Scan QR
Code for
online
instructions.



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