KNEE FLEXION

ASSEMBLY AND FITTING INSTRUCTIONS
KNEE FLEXION

ASSEMBLY INSTRUCTIONS

PARTS LIST

- Remove Pull-pin from Thigh Assembly.

STEP 1:

- Slide 1st set of pins on Thigh Assembly into the groove on Tibia Assembly.

STEP 2:

- Hook end of Tibia Assembly over the second set of pins on Thigh Assembly.

STEP 3:

- Slide Thigh Assembly completely onto Tibia Assembly.
- Replace Pull-pin.
It is best to carry out your JAS E-Z Knee Flexion sessions in a seated position without a shoe on. Your foot needs to slide easily on the floor; placing a sock on your foot can help it to slide more easily during JAS device use.

**STEP 1: INITIAL SET-UP**

**CHOOSING & ADJUSTING PULL-PIN SETTING**

- There are four pull-pin settings, which allow the E-Z Knee to move through four arcs of motion.
  1. 1 moves from 50º flexion to 80º flexion.
  2. 2 moves from 68º flexion to 98º flexion.
  3. 3 moves from 94º flexion to 124º flexion.
  4. 4 moves from 118º flexion to 148º flexion.
- Before each JAS session, choose the pull-pin setting that is closest to your comfortable end range of knee flexion.

**NOTE:** Most patients will begin therapy in setting 1 or 2.

**ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT**

- Remove device from leg and remove pull-pin.
- Slide device apart until the next hole on the tibia assembly lines up with the hole on the thigh assembly.
- Re-insert pull-pin.

**STEP 2: PLACE DEVICE OVER LEG**

- Adjust device so that arrows on JAS labels are aligned over top of knee.
- Orient device so that turning knob is on right side of thigh.

**STEP 3: SECURE THIGH AND TIBIA CUFF STRAPS**

(can be done in any order)

- Flex leg as far as possible.
- Rotate therapy knob until tibia cuff is flush against lower leg.
- Loosen Length Adjustment Knob to adjust position of tibia cuff. Retighten knob. **NOTE:** Do Not overtighten knob.
- Feed tibia cuff straps through d-rings and secure comfortably snug.

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

- Begin treatment session by rotating therapy knob, following protocol outlined on back of page.
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.

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.

<table>
<thead>
<tr>
<th>DESIRED STRETCH INTENSITY</th>
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<tbody>
<tr>
<td>0</td>
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<tr>
<td>NO STRETCH</td>
</tr>
<tr>
<td>PAINFUL STRETCH</td>
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</tbody>
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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.

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