KNEE FITTING INSTRUCTIONS

EXTENSION

It is best to apply the JAS Knee device sitting at the very edge of a seat. Once the device is applied choose any comfortable position (lying or sitting) to carry out your 30-minute JAS session. If you are using the JAS device in a seated position, support leg with a pillow on either a stool or chair.

INITIAL SETUP: SET DRIVE ARMS IN CORRECT EXTENSION HOLE SETTINGS (see additional information on page 4)

IMPORTANT: To prevent the device from binding, the Drive Arms must be in the same hole location on both sides.

- Remove pull-pin and relocate Drive Arm to correct hole according to end range of motion.
- If device is set up for “Wide”, use the “Wide Tower Setting” holes. If device is set up for “Narrow”, use the “Narrow Tower Setting” holes.

STEP 1: PLACE DEVICE OVER LEG
- Loosen all straps.
- Align device over leg, centering tower over knee.
- Prop leg up on stool or chair for support.
- Extend knee comfortably to end range.
- Rotate therapy knob so tibia cuff makes solid contact with shin.

STEP 2: THIGH CUFF SLIDER ADJUSTMENT
- For Extension, position the Thigh Cuff Slider towards the center of the device. To move the Thigh Cuff Slider, loosen the thumb screw located on the side of the Thigh Cuff Slider, move the Thigh Cuff Slider to desired position, then tighten the thumb screw snug so it will not move.

STEP 3: SECURE THIGH CUFF STRAPS
- Pull and secure thigh straps.

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Knee Rental SPS w/ Knob 06/19
**JAS KNEE EXTENSION cont'd**

**STEP 4: TIBIA CUFF ADJUSTMENT**

- **Length Adjustment**: Position Tibia Cuff so it is centered along length of lower leg.
- **Angle Adjustment**: Tilt Tibia Cuff so it makes contact with lower leg along the entire length of cuff. Use provided allen wrench to lock in place.

**STEP 5: SECURE TIBIA CUFF STRAPS**

- Pull and secure tibia straps comfortably snug.

**STEP 6: BEGIN THERAPY**

- Begin treatment as outlined following the JAS Treatment Protocol or as directed by your physician or therapist.

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**FLEXION**

It is best to apply the JAS Knee device sitting at the very edge of a seat. Once the device is applied choose any comfortable position (lying or sitting) to carry out your 30-minute JAS session. If you are using the JAS device in a seated position, remove shoe to allow foot to slide easily along the floor.

**INITIAL SETUP: SET DRIVE ARMS IN CORRECT FLEXION HOLE SETTINGs** *(see additional information on page 4)*

**IMPORTANT**: To prevent the device from binding, the Drive Arms must be in the same hole location on both sides.

- Remove pull-pin and relocate Drive Arm to correct hole according to end range of motion.
- If device is set up for "Wide", use the "Wide Tower Setting" holes. If device is set up for "Narrow", use the "Narrow Tower Setting" holes.

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STEP 1: PLACE DEVICE OVER LEG
- Loosen all straps.
- Align device over leg, centering tower over knee.
- Bend knee comfortably to end range.
- Rotate therapy knob so tibia cuff makes solid contact with shin.

STEP 2: THIGH CUFF SLIDER ADJUSTMENT
- As the leg moves further into flexion, position the Thigh Cuff Slider further away from the center of the device. To move the Thigh Cuff Slider, loosen the thumb screw located on the side of the Thigh Cuff Slider, move the Thigh Cuff Slider to desired position, then tighten the thumb screw snug so it will not move. As the leg is flexed beyond 90 degrees, the Thigh Cuff Slider should be positioned all the way away from the center of device.

STEP 3: SECURE THIGH CUFF STRAPS
- Pull and secure thigh straps.

STEP 4: TIBIA CUFF ADJUSTMENT
- Length Adjustment Knob (located on outside of device)
- Angle Adjustment Screw (located on the inside of device)
- Length Adjustment: Position Tibia Cuff so it is centered along length of lower leg.
- Angle Adjustment: Tilt Tibia Cuff so it makes contact with lower leg along the entire length of cuff. Use provided alien wrench to lock in place.

STEP 5: SECURE TIBIA CUFF STRAPS
- Pull and secure tibia straps comfortably snug.

STEP 6: BEGIN THERAPY
- Begin treatment as outlined following the JAS Treatment Protocol or as directed by your physician or therapist.

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This page provides some additional clarification for the "Initial Setup" of the Drive Arms prior to using the device. To prevent device from binding, the Drive Arms must be in the same location on both sides. Tip: If using the device for "Extension Only", for best results, use the device set up in the Narrow Tower Setting.
RECOMMENDED

JAS TREATMENT PROTOCOL

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>
</tr>
<tr>
<td>NO STRETCH</td>
</tr>
<tr>
<td>PAINFUL STRETCH</td>
</tr>
</tbody>
</table>

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.

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