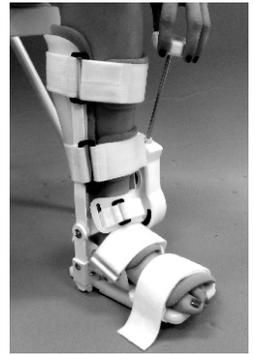




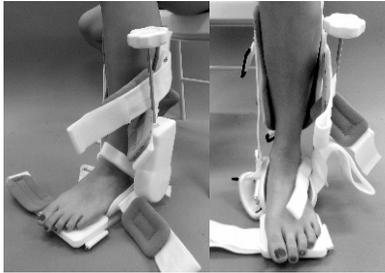
JAS DYNAMIC ANKLE

FITTING INSTRUCTIONS

It is best to carry out your JAS therapy session in a comfortable seated position. The device can rest on the floor or propped up on a stool with a pillow to give support. ***DO NOT WALK OR STAND WHILE WEARING DEVICE***



STEP 1: PLACE FOOT IN DEVICE



- Loosen all straps
- Adjust device angle to match your comfortable end range.
- Place foot firmly in device making sure back of heel is in contact with heel cuff.

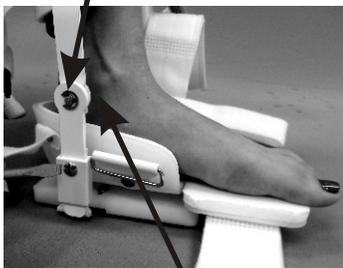
STEP 2: ADJUST FOR FOOT LENGTH



- Loosen knob on side of foot plate.
- Adjust foot plate so the foot plate strap lays across the forefoot just above the toes.
- Tighten knob.

STEP 3: ALIGN DEVICE WITH CENTER OF ANKLE JOINT

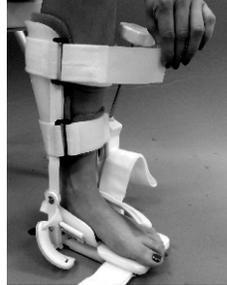
Center of rotation of device



Center of rotation of ankle

- Using a flat screw driver, loosen the screw located on both sides of the device.
- Raise or lower the device so the center of rotation of device is located just below the Medial Malleolus (the bony protrusion located on the inside of the ankle).
- Tighten screws.

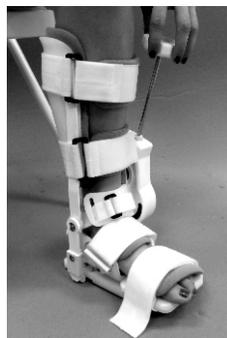
STEP 4: SECURE STRAPS



- Secure all straps so they are all comfortably snug.
- Be sure that the heel is resting against the bottom and back of the heel cuff.



STEP 5: BEGIN THERAPY



- **Dorsiflexion:** Rotate therapy knob "Counter-Clockwise".
- **Plantarflexion:** Rotate therapy knob "Clockwise".
- Begin treatment protocol by rotating therapy knob as outlined on the JAS Dynamic Treatment Protocol sheet or as directed by your physician or therapist.



RECOMMENDED TREATMENT PROTOCOL

These are guidelines only. Remove the JAS Dynamic device if you experience pain at any time and contact your Joint Active Systems sales consultant.

- STEP 1: Determine treatment tension:** Position limb at end range of active range of motion *before* applying the JAS Dynamic device. Once device is applied, rotate the adjustment knob until you feel spring tension/resistance. Continue to rotate the adjustment 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 adjustment 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 adjustment knob in the opposite direction until the spring tension is disengaged, then remove the device.
-

IMPORTANT:

Wear the JAS Dynamic device while inactive, preferably while sleeping. If you are unable to sleep in the device, wear the device for as long as possible during the day.

Time spent wearing the device is the most important component in regaining range of motion. *Increasing tension to strong or painful levels does not ensure that proper stretch will be applied.*

If you experience a change in swelling, sensation, or skin irritation, 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.

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.



Scan QR
Code for
online
instructions.



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