



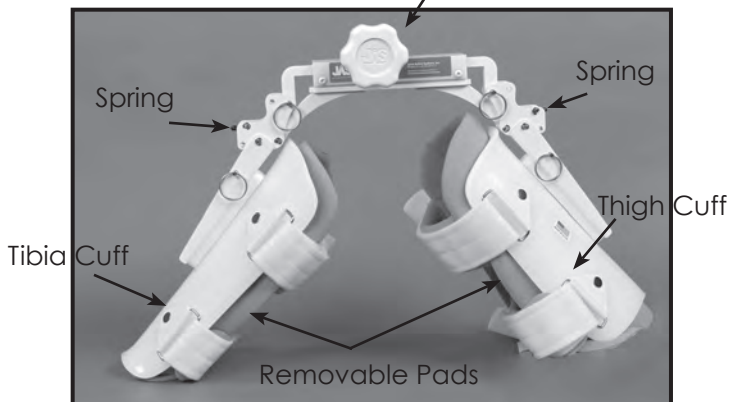
# JAS DYNAMIC KNEE FLEXION

## FITTING INSTRUCTIONS

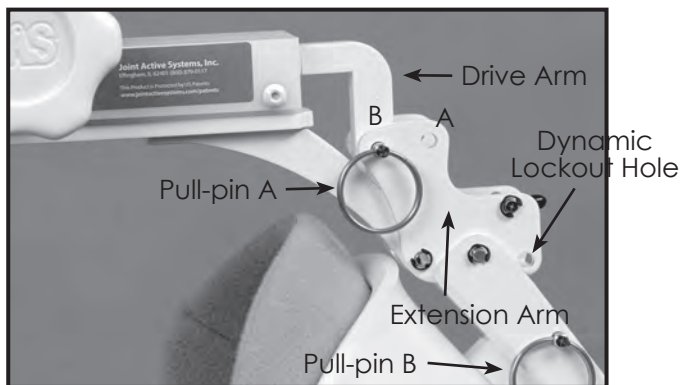
It is best to carry out your JAS therapy session in a comfortable seated or lying position.

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

Dynamic Range Adjuster



### STEP 1: SET STARTING ANGLE



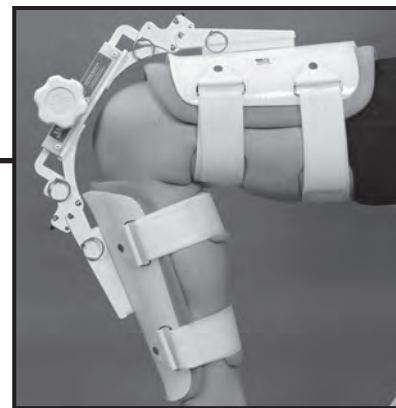
Hole A: Starting angle less than **35 degree flexion**  
Hole B: Starting angle less than **85 degree flexion**

The Pull-pin must pass through both the Extension Arm and Drive Arm. **Note:** Careful not to lose the spacers located in the Drive Arm.

**Dynamic Lockout:** This device is provided with Pull-pin B in the dynamic position. To lockout the dynamic feature, relocate Pull-pin B to the Dynamic Lockout Hole as shown above.

### STEP 2: PLACE DEVICE OVER LEG

- Loosen all straps
- Place device into full extension by rotating the Dynamic Range Adjuster knob.
- Place device on leg and align so frame is centered over knee.



### STEP 3: MATCH DEVICE ANGLE WITH LEG



- Hold thigh cuff against upper leg.
- Rotate the Dynamic Range Adjuster knob to move the device into flexion until the tibia cuff rests against the lower leg.

### STEP 4: SECURE STRAPS



- Secure all straps so they are all comfortably snug. (**NOTE:** In extreme flexion, may need to undo strap above knee.)

### STEP 5: BEGIN THERAPY



- Rotate the Dynamic Range Adjuster knob clockwise until the springs are compressed. (**Note:** If too much pressure, release pressure by rotating the Dynamic Range Adjuster knob in the counter-clockwise direction.)
- Begin treatment protocol by rotating the Dynamic Range Adjuster knob as directed by your physician or therapist.
- At the end of your therapy session, release the pressure by rotating the Dynamic Range Adjuster knob counter-clockwise, undo the straps, and remove the device.



## RECOMMENDED TREATMENT PROTOCOL

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**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.

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### 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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