Left Device Shown

**PRONATION**  
(Rotate Knob Counter-Clockwise)

**SUPINATION**  
(Rotate Knob Clockwise)

Spring Cartridge Pins go in the location shown below. The Spring Cartridge will be on the side of the gear labeled with a "S" for supination. Spring Cartridge Pins go in the location shown below. The Spring Cartridge will be on the side of the gear labeled with a "P" for pronation.

**DYNAMIC LOCKOUT:** This device is provided with a Pull-pin in the dynamic position. To lockout the dynamic feature, remove the Spring Cartridge and relocate the Pull-pin to one of the positions shown below.
It is best to carry out your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap. You should not be up walking during a JAS treatment session.

**STEP 1: ADJUST FOREARM LENGTH (If Necessary)**

**NOTE:** This is a one-time adjustment and should be done at initial JAS fitting by your therapist or JAS representative.

- Place arm in device. Be sure to place elbow firmly back and down in device, like a heel in a boot.
- Lower hand fully down, to fit between the two hand plates.
- Assure that the ulna styloid is aligned with the gear.

**NOTE:** If bicep cuff needs to be adjusted up or down for comfort, loosen the screws located beneath the removable liner in the bicep cuff and reposition cuff.

**STEP 2: SECURE ALL STRAPS**

- Fasten straps of upper arm cuff so that cuff fits comfortably snug.

- Fasten straps across wrist and palm so that the hand is snug in hand support.

**IMPORTANT:** Be sure to pull straps to take up slack through slits on bottom of hand support, so that hand plates are evenly snug across wrist.

- Begin treatment protocol by rotating therapy knob to engage dynamic force. When screw is at the end of slot, maximum dynamic force is being applied.

**SUGGESTION:** Use a permanent marker to mark the location of the bicep cuff strut, to be sure of the correct position in the event it is moved.

- Follow treatment protocol on next page.
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.