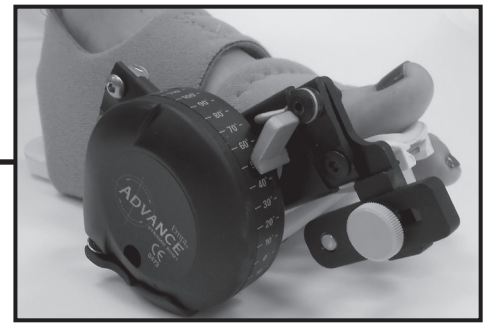




# JAS DYNAMIC TOE DORSIFLEXION

## FITTING INSTRUCTIONS



It is best to carry out your JAS therapy session in a comfortable seated or lying 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: REDUCE TENSION TO ZERO



Tension Setting

- Verify the Tension Setting is at zero.
- If not at zero, flip out the Tension Adjustment Lever and rotate in the opposite direction of the arrow next to the Tension Adjustment Lever until the Tension Setting is at "0".

**Note: If the numbers are getting larger, rotate the Tension Adjustment Lever in the opposite direction.**



- Fold the Tension Adjustment Lever back into position.

### STEP 2: LOCK INTO POSITION



Lock Lever

- Lock the device near the patient's comfortable end range or at an angle that makes the device easy to put on.
- To engage the Lock Lever, depress the Lock Lever while holding the device at the desired angle.



Safety

- Engage the Safety by rotating the Safety until it engages in the Lock Lever.

### STEP 3: ALIGN DEVICE WITH CENTER OF TOE JOINT

MTP Joint



- Position foot on foot plate and align MTP Joint with round pad on gear box.

(In picture, the foot is placed on top of straps for better visibility.)

### STEP 4: SECURE STRAPS

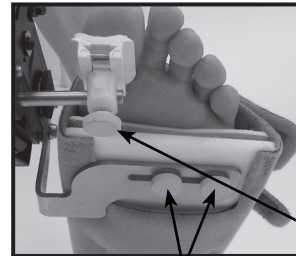


- Secure heel strap first, keeping the MTP Joint in align with round pad on gear box.

- Next secure straps across top of foot.



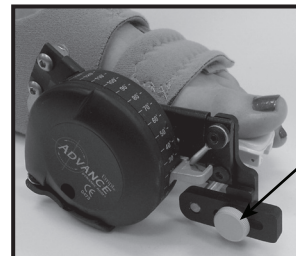
### STEP 5: ADJUSTMENTS



Width Adjustment

- **Width:** Loosen knobs on underside of foot plate. Slide the base plate in or out as needed so there is adequate space between the gear box and the side of the toe joint.

- **Varus/Valgus Toe:** Loosen thumb screw located under the toe pad and slide inward or outward to adjust the toe pad to be located under the toe.



- **Toe Length:** Loosen thumb screw located towards the outside of the device to adjust the toe pad to be located under the toe.

### STEP 6: BEGIN THERAPY



- Unlock the Lock Lever.

- Follow treatment protocol as outlined on the JAS Dynamic Treatment Protocol sheet or as directed by your physician or therapist.



## 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.



### Joint Active Systems, Inc.

2600 South Raney • Effingham, IL 62401

TEL: (217) 342-3412 or (800) 879-0117

Email: [info@jointactivesystems.com](mailto:info@jointactivesystems.com)

**[www.jointactivesystems.com](http://www.jointactivesystems.com)**

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