

JASGL ANKLE

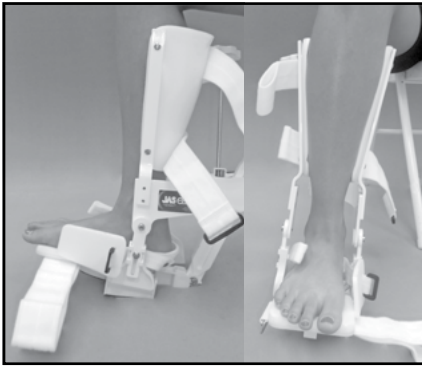
FITTING INSTRUCTIONS

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

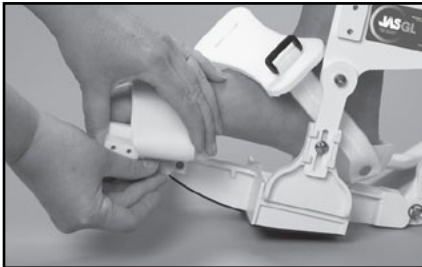


STEP 1: PLACE FOOT IN DEVICE



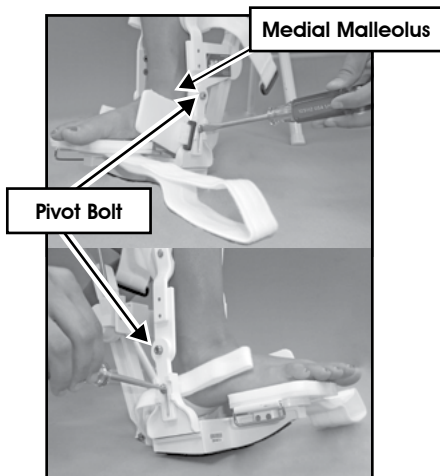
- Loosen all straps
- Adjust device angle to match your comfortable end range.
- Place foot firmly in device making sure back of heel is in contact with heel cuff.

STEP 2: ADJUST FOR FOOT LENGTH



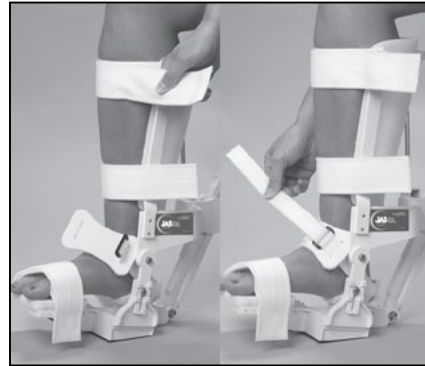
- Loosen knob on side of foot plate.
- Adjust foot plate so the foot plate strap lays across the forefoot just above the toes.
- Tighten knob.

STEP 3: ALIGN DEVICE WITH CENTER OF ANKLE JOINT



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

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 "Clockwise".
- **Plantarflexion:** Rotate therapy knob "Counter-Clockwise".
- Begin treatment as outlined following the JAS GL Treatment Protocol or as directed by your physician or therapist.



- Device may be propped on a stool with a pillow to give support.

RECOMMENDED

JASGL TREATMENT PROTOCOL

STEP 1: Rotate therapy knob until a gentle, pain-free stretch is felt. Level 2-3 on stretch intensity scale.



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 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..

JAS Representative

Contact Number



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