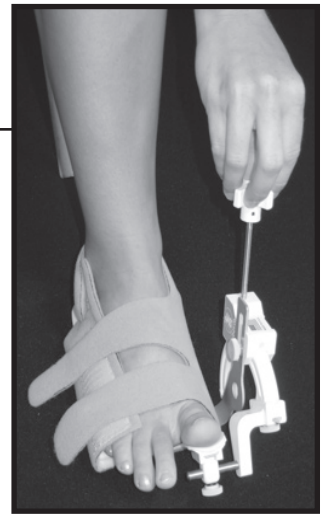


JASGL TOE DEVICE

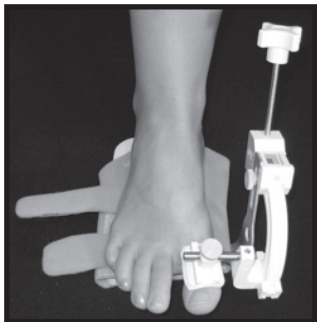
FITTING INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage and answer many questions.

NOTE: It is best to carry out your JAS therapy session in a comfortably seated position. If swelling is present, placing your foot in an elevated position is suggested. You should not be up walking during a JAS treatment session.

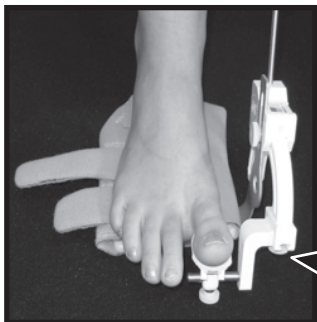


STEP 1: INITIAL DORSI-FLEXION / PLANTAR-FLEXION TOE PLATE ATTACHMENT



Plantar Flexion Position

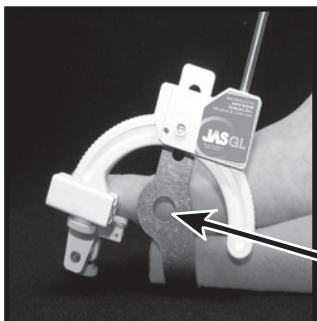
- Loosen and remove white knob at base of toe plate sliding mechanism.
- Slide toe plate mechanism off of its attachment, flip and re-attach.



Dorsi Flexion Position

Remove knob and flip toe plate

STEP 2: SECURE FOOT IN DEVICE



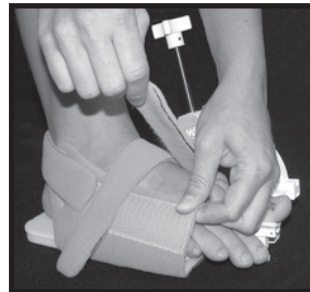
- Place foot on foot plate, making sure joint of the first toe is aligned with fulcrum of device (center circle on metal upright), and first toe clears foot plate.

Fulcrum



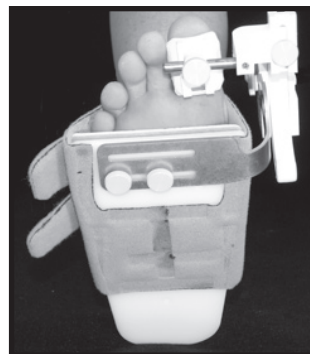
- Secure gray strap behind heel, comfortably snug.

Step 2 (continued)



- Secure the two gray foam straps across forefoot, comfortably snug. Make sure foot is in firm contact with foot plate with no lifting.

STEP 3: ADJUST WIDTH OF DEVICE (IF NECESSARY)



- Loosen knobs on undersurface of foot plate.
- Slide silver base plate to left or right as needed, so that there is adequate space between metal upright and side of toe joint.

IMPORTANT:

Loosen knobs only enough to allow plate to slide. Do not over loosen.

STEP 4: ADJUST FOR LENGTH / POSITION OF TOE PLATE

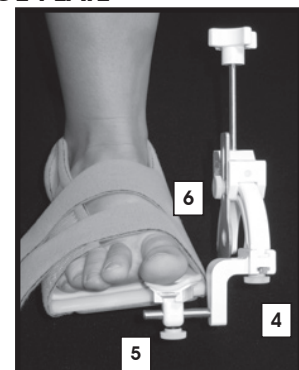
- Loosen knob at base of sliding mechanism and slide toe plate forward or back to proper position.
- NOTE: Toe plate should rest under base of toe when fit for dorsi-flexion, and over top of base of toe when fit for plantar-flexion.

STEP 5: ADJUST SIDE TO SIDE ALIGNMENT OF TOE PLATE

- Loosen knob directly under toe plate.
- Slide toe plate to left or right along rod until positioned in comfortable alignment with toe.

STEP 6: ADJUST HEIGHT POSITION OF TOE PLATE

- Loosen knob on the vertical adjustment slot of the metal upright, and slide toe plate up or down so that it is in solid contact with toe.



RECOMMENDED

JASGL TREATMENT PROTOCOL

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

DESIRED STRETCH INTENSITY											
0	1	2	3	4	5	6	7	8	9	10	
NO STRETCH											PAINFUL STRETCH

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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