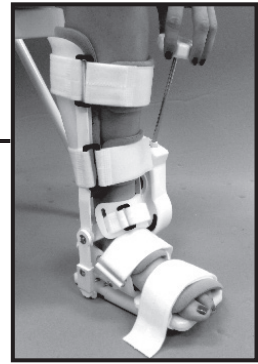




JAS DYNAMIC ANKLE

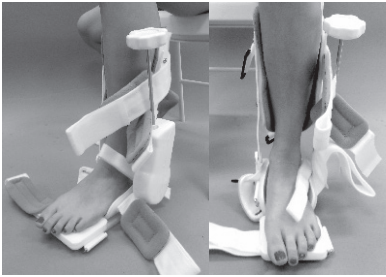
FITTING INSTRUCTIONS



It is best to complete 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 for support.

DO NOT STAND OR WALK WHILE WEARING THE DEVICE

STEP 1: PLACE FOOT IN DEVICE



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

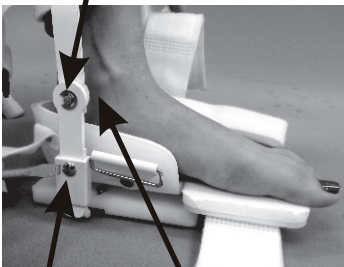
STEP 2: ADJUST FOR FOOT LENGTH



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

STEP 3: ALIGN DEVICE WITH CENTER OF ANKLE JOINT

CENTER OF ROTATION OF DEVICE

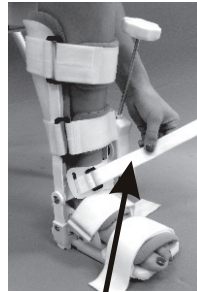


HEIGHT ADJUSTMENT SCREW

CENTER OF ROTATION OF ANKLE

- Using a flat screwdriver, loosen the Height Adjustment Screw located on each side of the device.
- Raise or lower the device so the center of the rotation is located just below the Medial Malleolus (the bony protrusion located on the inside of the ankle).
- Tighten both Height Adjustment Screws.

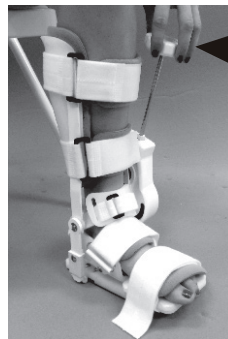
STEP 4: SECURE STRAPS



ANKLE STRAP

- Be sure the heel is resting against the bottom and back of the heel cuff.
- Secure the Ankle Strap first, then secure the remaining straps so they are all comfortably snug.

STEP 5: BEGIN THERAPY



- **DORSIFLEXION:** Rotate the Therapy Knob counterclockwise.
- **PLANTARFLEXION:** Rotate the Therapy Knob Clockwise.
- Begin treatment as directed by your physician or therapist.



JAS DYNAMIC™

RECOMMENDED TREATMENT PROTOCOL

Wear the JAS Dynamic device while inactive, preferably while sleeping. If you are unable to sleep in the device, wear the device as long as possible during the day. Time spent wearing the device is the most important component in regaining range of motion.

STEP 1: Determine treatment tension: Position limb at end of active range of motion *before* putting the JAS Dynamic device on. Rotate the Therapy Knob until you feel spring tension/resistance. Continue to rotate the Therapy 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 Therapy 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 Therapy Knob in the opposite direction until the spring tension is disengaged, then remove the device.

IMPORTANT

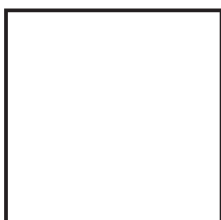
If you experience a change in swelling, sensation, or skin irritation, discontinue use and contact your physician.

TECHNICAL SUPPORT

Call JAS toll free between the hours of 8:00 AM - 5:00 PM CST at **(800) 879-0117** for technical assistance or 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 the
QR Code for
additional
resources.



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