



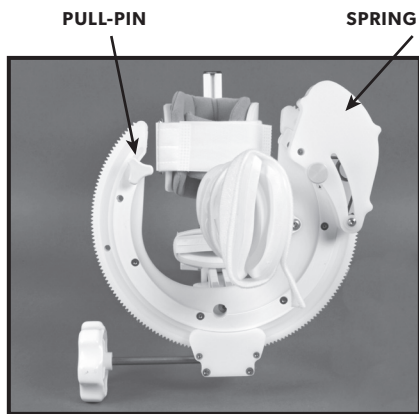
**PRONATION / SUPINATION
FITTING INSTRUCTIONS**

PRONATION / SUPINATION FITTING INSTRUCTIONS

Left Device Shown

PRONATION

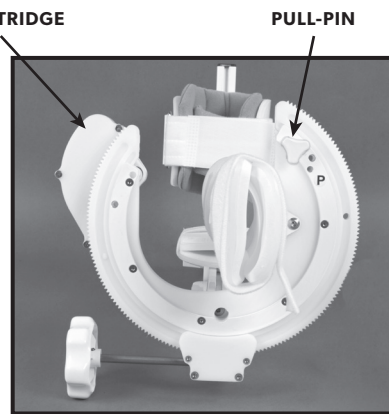
Rotate Knob Counterclockwise



PRONATION

SUPINATION

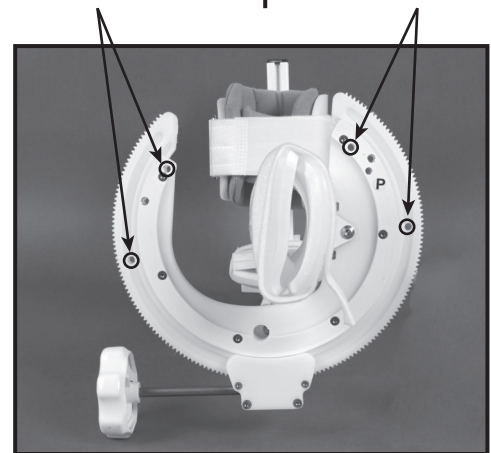
Rotate Knob Clockwise



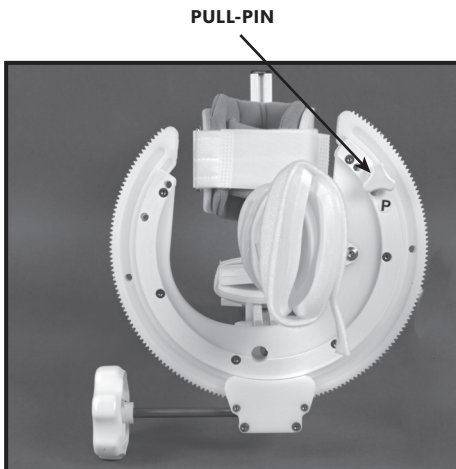
SUPINATION

Spring Cartridge Pins go in the location shown below. The Spring Cartridge will be on the side of the gear labeled with an "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.



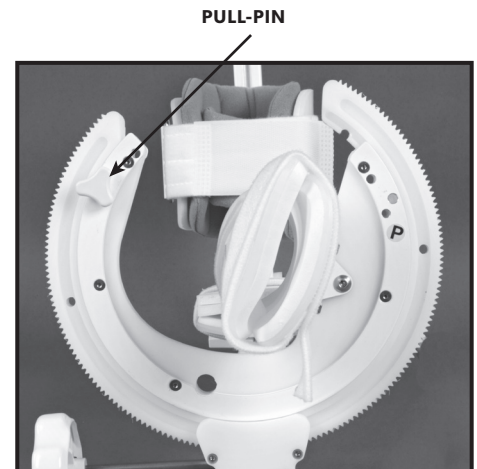
DYNAMIC LOCKOUT: This device is provided with a Pull-pin in the dynamic position. To lockout the dynamic feature, remove the Spring Cartridge and relocate the Pull-pin to one of the positions shown below.



NEUTRAL



ADDITIONAL PRONATION



ADDITIONAL SUPINATION



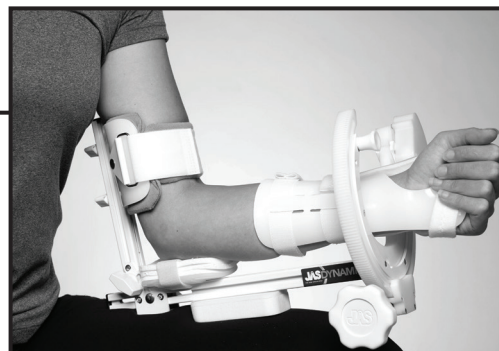
JAS DYNAMIC PRO / SUP

FITTING INSTRUCTIONS

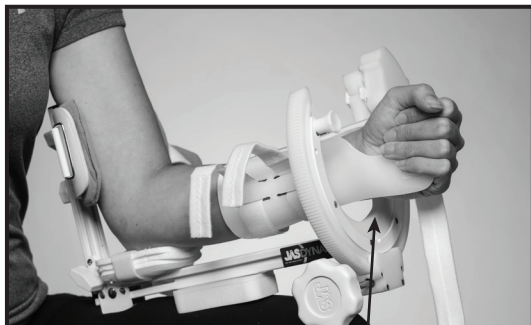
It is best to complete your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap.

DO NOT WALK OR STAND WHILE WEARING DEVICE

NOTE: If this is not the initial fitting, begin at step 5.



STEP 1: PLACE ARM IN DEVICE



ALIGN ULNA STYLOID WITH GEAR

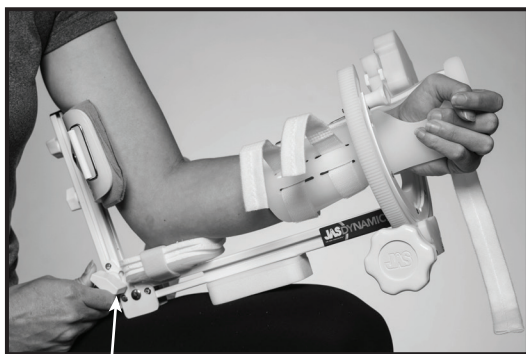
- Loosen the straps.

NOTE: Always begin your session with your arm in a neutral position (as pictured above).

- Place your arm in the device so the hand is in the Hand Cuff and down into the device, like a heel in a boot.
- The ulna styloid should be aligned with the gear.

NOTE: The ulna styloid is the bump on the pinky side of the forearm near the wrist. (See photo in Step 5)

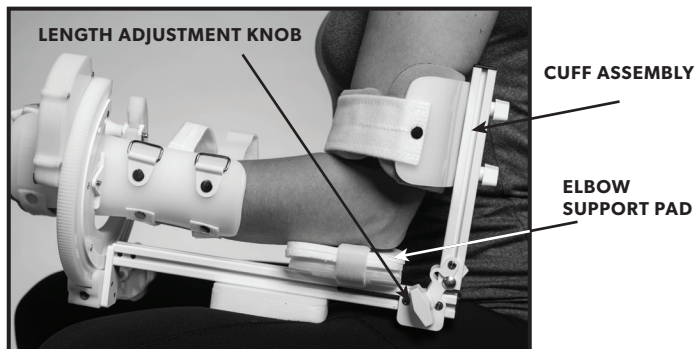
STEP 2: ANGLE ADJUSTMENT (if necessary)



ANGLE ADJUSTMENT KNOB

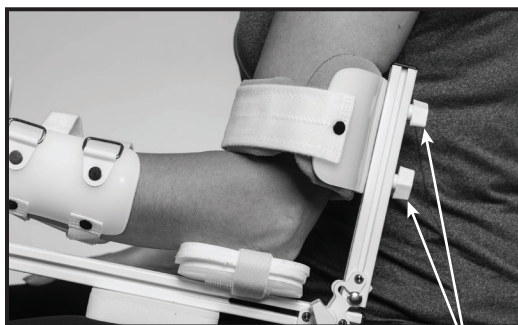
- If your elbow is unable to flex to 90°, loosen the Angle Adjustment Knob.
- Adjust until the angle of the device matches the angle of your elbow.
- Retighten the knob.

STEP 3: ADJUST FOREARM LENGTH (if necessary)



- The bicep cuff should meet the tricep on the back of the arm.
- To adjust, loosen the Length Adjustment Knob to slide the Cuff Assembly forward or back until your tricep touches the bicep cuff. Adjust the Elbow Support Pad forward or back until it is sitting comfortably under the elbow.
- Retighten the knob.

STEP 4: ADJUST BICEP CUFF HEIGHT (if necessary)



BICEP ADJUSTMENT KNOBS

- The bicep cuff should be located at the center of the bicep.
- To adjust, loosen both Bicep Adjustment Knobs and move up or down until the bicep cuff is at the center of the bicep.
- Retighten the knobs.
- **NOTE:** The bottom of the bicep cuff should not touch the top of your forearm. The top of the bicep cuff should not touch the axilla (underarm).



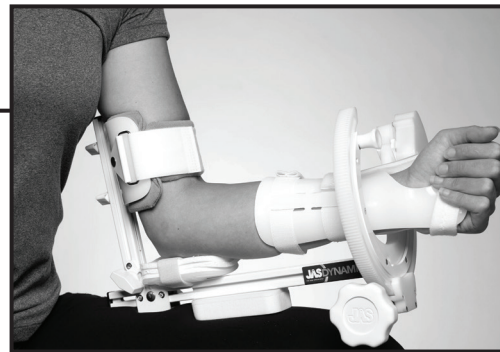
JAS DYNAMIC PRO / SUP

FITTING INSTRUCTIONS

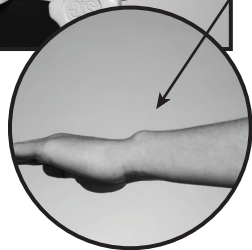
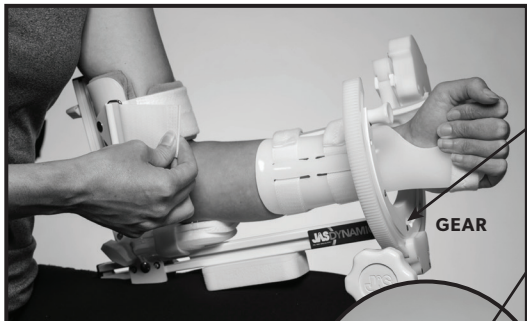
It is best to complete your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap.

DO NOT WALK OR STAND WHILE WEARING DEVICE

NOTE: If this is not the initial fitting, begin at step 5.

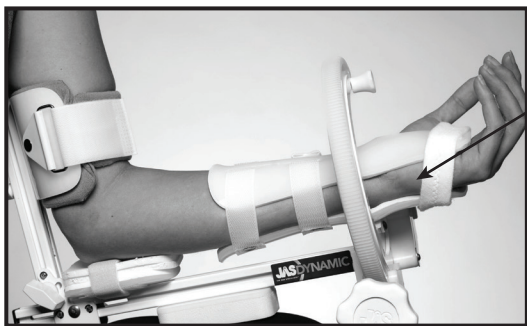


STEP 5: SECURE STRAPS

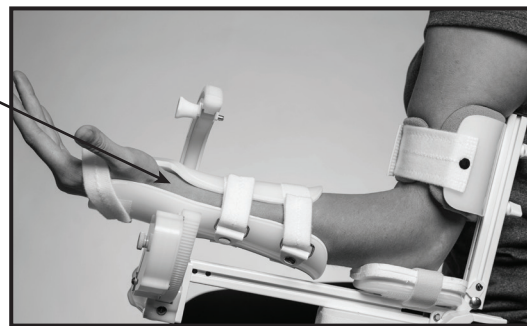


- Place arm in the device so the hand is in the hand cuff.
- The ulna styloid should be aligned with the gear.
NOTE: The ulna styloid is the bump on the pinky side of the forearm near the wrist.
- Pull the straps through the slits on the bottom of the hand cuff to take up slack.
- Secure the forearm and palm straps comfortably snug.
- Fasten the bicep cuff strap comfortably snug.
- Adjust the Elbow Support Pad forward or back until it is sitting comfortably under the elbow.

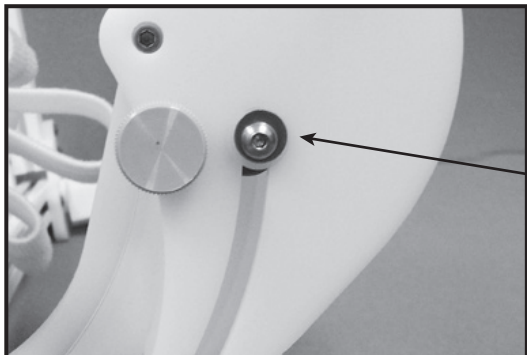
NOTE: The arm and elbow should sit firmly down into the device, like a heel in a boot.



IMPORTANT: The spacing should be the same on both sides of the hand cuff.



STEP 6: BEGIN THERAPY



- Begin treatment by rotating the Therapy Knob as directed by your physician or therapist.
- When the screw is at the end of the slot, maximum dynamic force is being applied.
- At the end of your therapy session, release the pressure by rotating the Therapy Knob in the opposite direction, undo the straps, and remove the device.



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

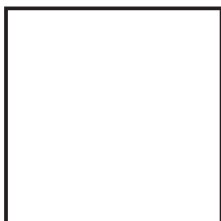
If you experience a change in swelling, sensation, or skin irritation, discontinue use and contact your physician.

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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