

**JAS<sup>®</sup> eZ SHOULDER:  
BODY CUFF MODEL  
FITTING INSTRUCTIONS**



# SHOULDER: BODY CUFF MODEL

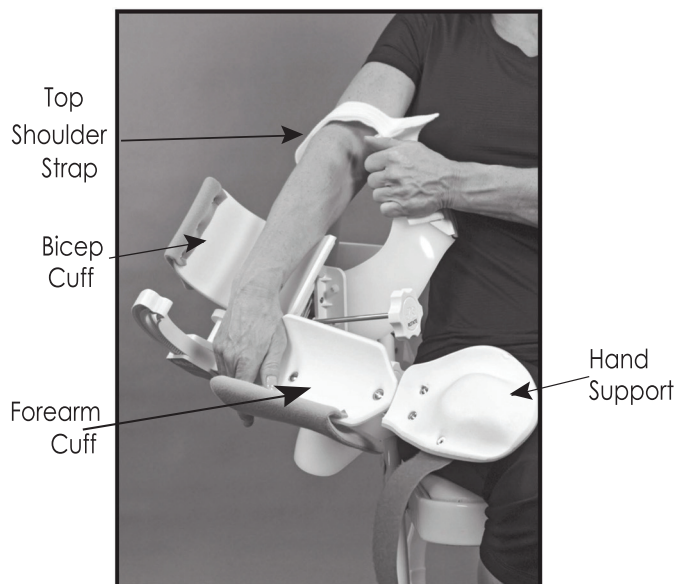
## FITTING INSTRUCTIONS



For best results, use an armless chair with a back. Make sure arm is relaxed in the arm support and the involved shoulder is not elevated or hiked.

**\*DO NOT STAND OR WALK WHILE WEARING DEVICE\***

### STEP 1 : SLIDE DEVICE ONTO SHOULDER



- Slide arm through top shoulder strap and Bicep Cuff. Rest arm on Forearm Cuff.



- Let top shoulder strap rest on shoulder.

### STEP 2: ALIGN DEVICE TO SHOULDER JOINT



- Pull top shoulder strap to raise device, so the fulcrum is approximately 1" below the underarm.
- Make sure arm is relaxed and shoulder is not hiked when checking for proper height.

### STEP 3: SECURE CHEST AND WAIST STRAPS

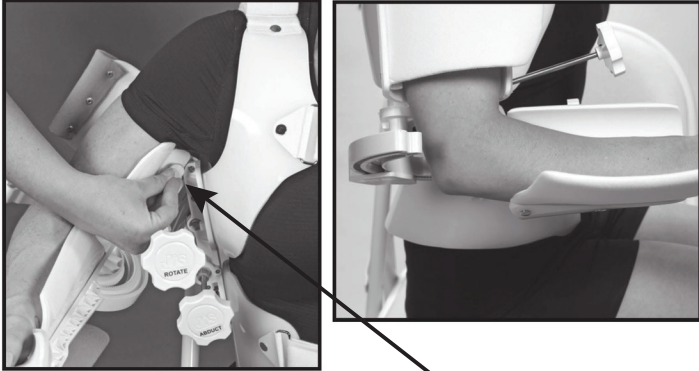


- Feed straps through d-rings and secure comfortably snug.

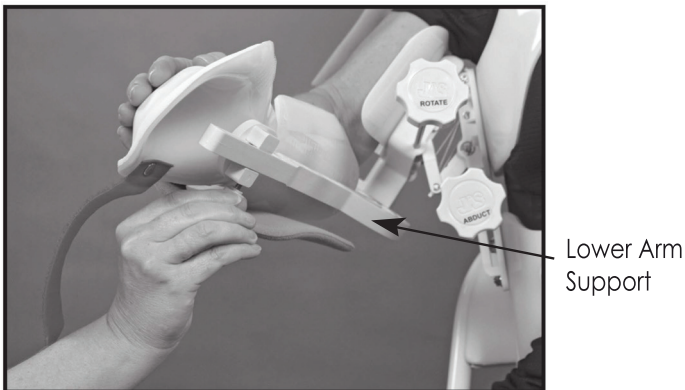
#### STEP 4: ADJUST LENGTH OF UPPER AND LOWER ARM SUPPORTS (If necessary)

**IMPORTANT:** Before making length adjustments, assure arm is relaxed in arm support and shoulder is not hiked.

**NOTE:** Upper arm support length is correct when the elbow sits in center of the gear.

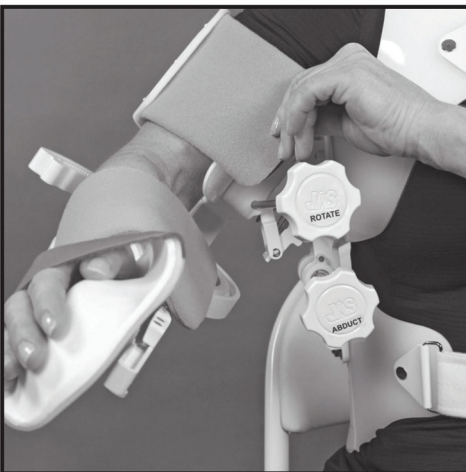


- To adjust upper arm support, loosen knob under Bicep Cuff. Slide end of support in or out to proper length. Retighten the knob.



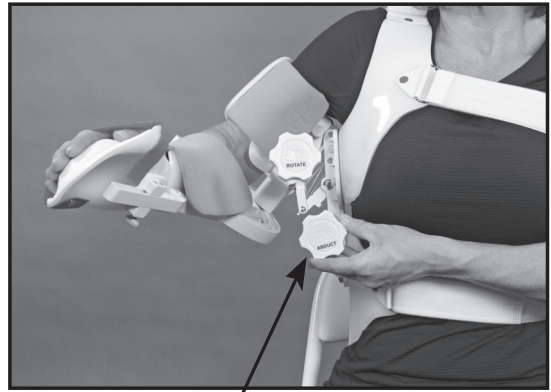
- To adjust lower arm support length, loosen knob under Hand Support. Adjust in or out so hand rests comfortably on support. Retighten the knob.

#### STEP 5: SECURE ARM SUPPORT STRAPS



- Secure Bicep Cuff, Forearm Cuff and Hand Support straps comfortably snug.

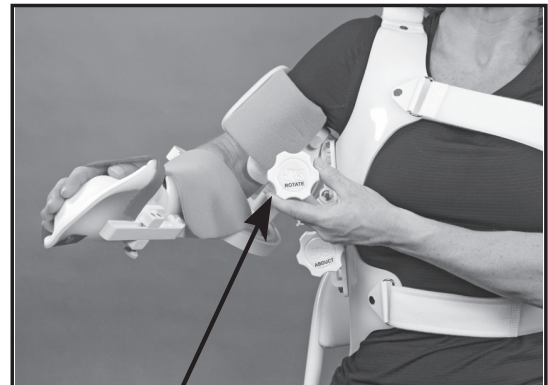
#### STEP 6: ADJUST ABDUCTION POSITION



Abduction Knob

- Rotate the Abduction Knob to desired position of shoulder abduction, as directed by doctor or therapist. Knob will be rotated clockwise for right shoulder device; counterclockwise for left shoulder device.

**NOTE:** As internal rotation ROM increases, abduction must be increased so the forearm can clear body.



Therapy Knob

- Rotate Therapy Knob to begin treatment protocol outlined on back page.
- ROM therapy can be done for both Internal and External Rotation.



# RECOMMENDED TREATMENT PROTOCOL

**Remove the JAS EZ device if you experience pain at any time and contact your Joint Active Systems sales consultant.**

JAS EZ Turnbuckle orthoses are custom fabricated per individual patient. A series of specific measurements are taken so that the rigid polyethylene cuffs can be molded and cut to precisely fit the unique anatomic dimensions and anomalies of a patient's extremity. This is the only way to assure accurate fit and minimize potential for tissue irritation.

JAS EZ Turnbuckle orthoses can be prescribed by the practitioner in a variety of wearing protocols and applications. JAS EZ orthoses can be used as a Turnbuckle or a positional supportive brace as directed by the prescribing physician. Practitioners have the flexibility to prescribe shorter or longer term wearing times and treatment protocols. All programs should be monitored for progress by the supervising practitioner and managed accordingly.

**NOTE: The following protocol has been utilized with successful clinical outcomes. However, the wearing schedule, which includes duration and frequency of use, is to be ultimately determined by the prescribing physician or supervising practitioner. Should your prescribing physician or therapist recommend a different protocol, please follow his or her instructions.**

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

**STEP 1:** Rotate the therapy knob until you feel a gentle, pain-free stretch.

**STEP 2:** Hold the stretch intensity for 5 minutes. Before turning the knob, reassess stretch level:  
1. If stretch intensity has decreased, rotate the knob until you feel a 2-3 level stretch again.  
2. If stretch intensity has **not** changed, **leave in the same position.**  
3. If stretch intensity has increased, rotate the knob in the opposite direction until you feel a 2-3 level stretch intensity.

**STEP 3:** Hold the 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 initiate 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. Gradually increase to 30-minute sessions over a two week period, as tolerated.

**STEP 4:** When the 30-minute session is complete, turn the knob in the opposite direction until the stretch is relieved, then remove the 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:** Evaluate your stretch sensation every 5 minutes **before** adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, leave in the same position. Aggressive or painful levels of stretch will not achieve the desired result of permanent tissue lengthening 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 EZ devices are NOT designed to be worn overnight. 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 and some turnbuckle splints due to the known increased risk of skin irritation and breakdown. 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 between the hours of 8:00 AM - 5:00 PM CST at **(800) 879-0117** for technical assistance or questions regarding your JAS device.



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