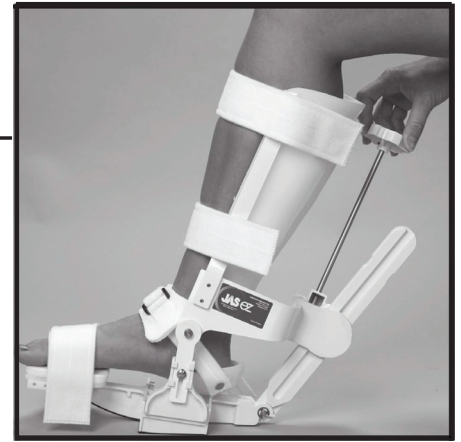


JAS[®] EZ ANKLE

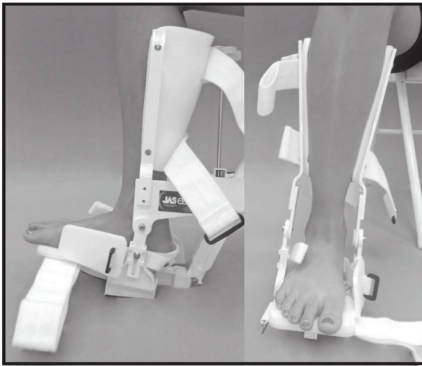
FITTING INSTRUCTIONS

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 STAND OR WALK WHILE WEARING DEVICE



STEP 1: PLACE FOOT IN DEVICE



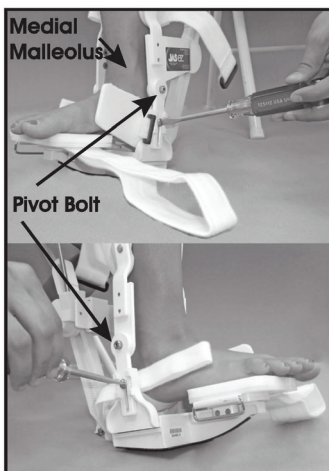
- Loosen all straps.
- Adjust device angle to match your comfortable end range.
- Place foot firmly in device making sure back of heel is in contact with heel cuff.

STEP 2: ADJUST FOR FOOT LENGTH



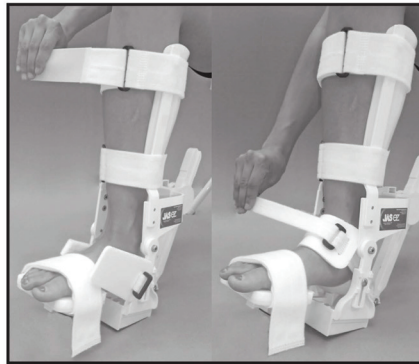
- Loosen knob on side of foot plate.
- Adjust foot plate so the foot plate strap lays across the forefoot just at the base of the toes.
- Tighten knob.

STEP 3: ALIGN DEVICE WITH CENTER OF ANKLE JOINT



- Using a flat screwdriver, loosen the screws 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 the inside of the ankle).
- Tighten screws.

STEP 4: SECURE STRAPS



- Be sure that the heel is resting against the bottom and back of the heel cuff.
- Secure straps so they are all comfortably snug.

STEP 5: BEGIN THERAPY



- **Dorsiflexion:** Rotate Therapy Knob **Clockwise**.
- **Plantarflexion:** Rotate Therapy Knob **Counterclockwise**.
- Begin treatment as outlined following the JAS EZ Treatment Protocol or as directed by your physician or therapist.



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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