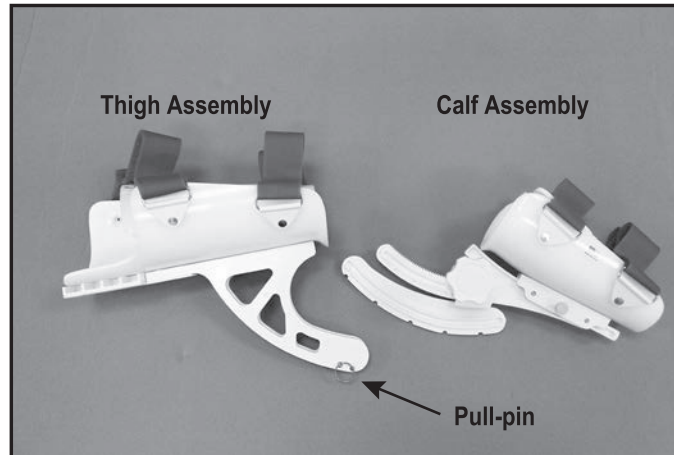


JAS[®] ez KNEE EXTENSION
ASSEMBLY AND FITTING INSTRUCTIONS

JAS[®] EZ KNEE EXTENSION

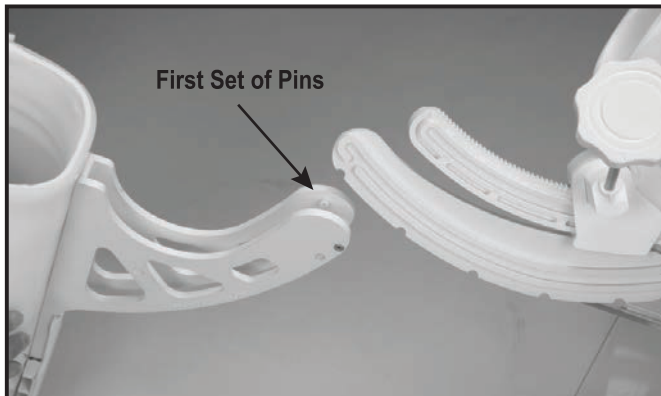
ASSEMBLY INSTRUCTIONS

PARTS LIST



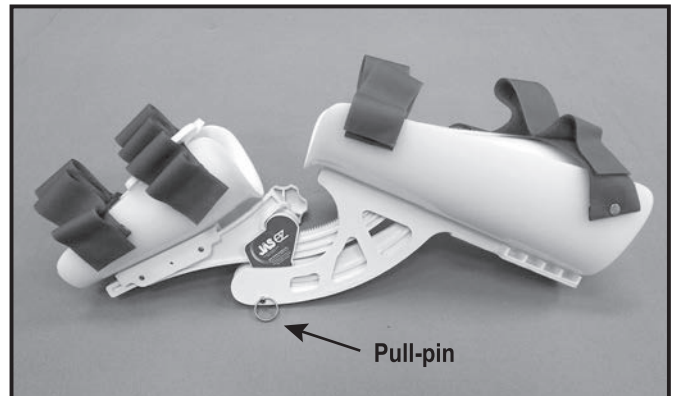
- Remove Pull-pin from Thigh Assembly.

STEP 1:



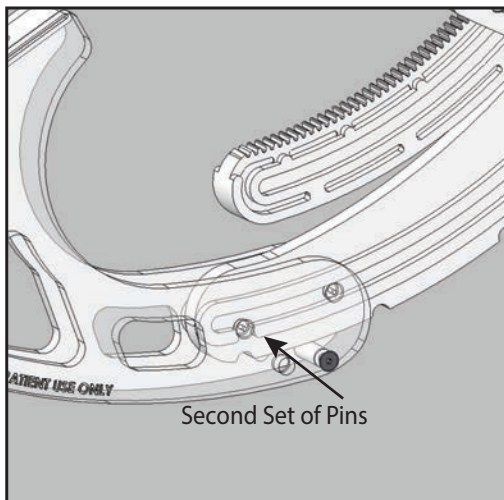
- Slide 1st set of pins on Thigh Assembly into the groove on Calf Assembly.

STEP 3:



- Slide Thigh Assembly completely onto Calf Assembly.
- Replace Pull-pin.

STEP 2:



- Hook end of Calf Assembly over the second set of pins on Thigh Assembly.

JAS[®] EZ KNEE EXTENSION

FITTING INSTRUCTIONS

It is best to carry out your JAS session in a seated position, with a foot rest under your ankle for support and comfort.

DO NOT STAND OR WALK WHILE WEARING DEVICE

STEP 1: INITIAL SET-UP

CHOOSING & ADJUSTING PULL-PIN SETTING

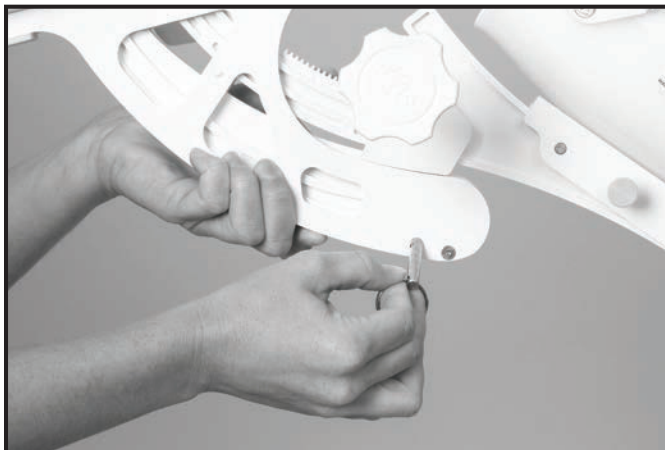
There are five Pull-pin settings which allow the EZ Knee to move through five arcs of motion.

- 1 moves from 48° flexion to 14° flexion
- 2 moves from 38° flexion to 4° flexion
- 3 moves from 22° flexion to 12° hyperextension
- 4 moves from 10° flexion to 24° hyperextension
- 5 moves from 4° hyperextension to 38° hyperextension

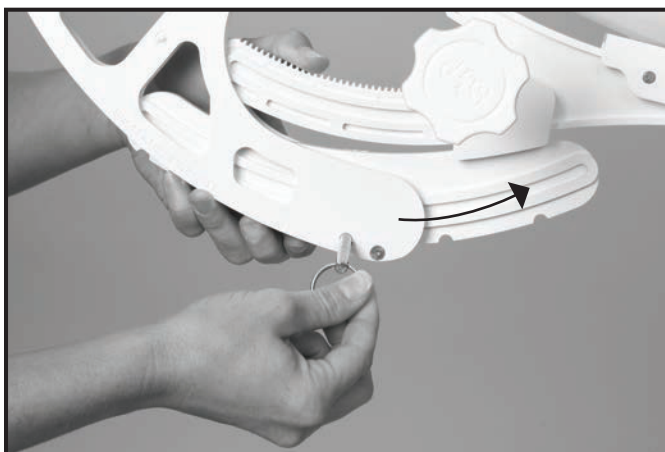
- Before fitting device, choose the setting that is closest to your comfortable end range of knee extension.

NOTE: Most patients will begin therapy in setting 1 or 2.

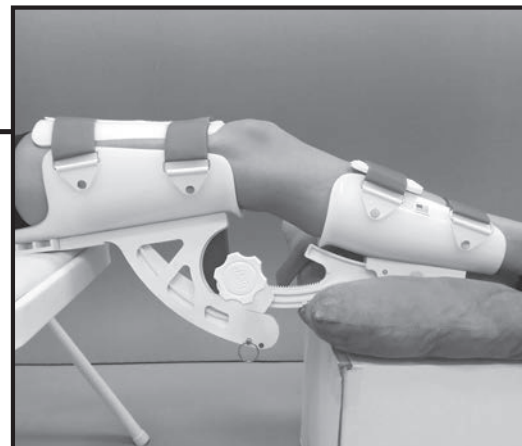
ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT



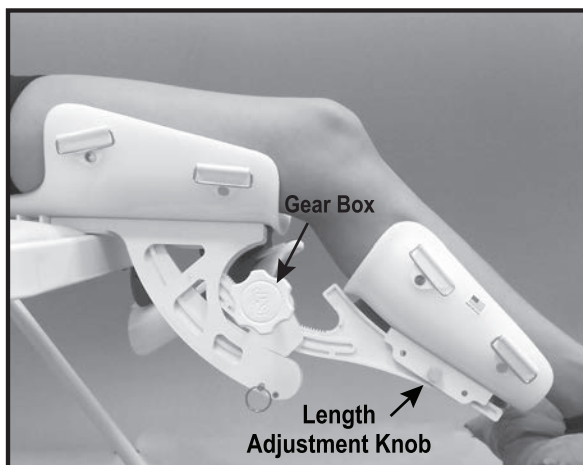
- Remove device from leg.
- Remove the Pull-pin.



- Slide the device apart until the next hole on Calf Assembly aligns with the hole on the Thigh Assembly.
- Reinsert Pull-pin.

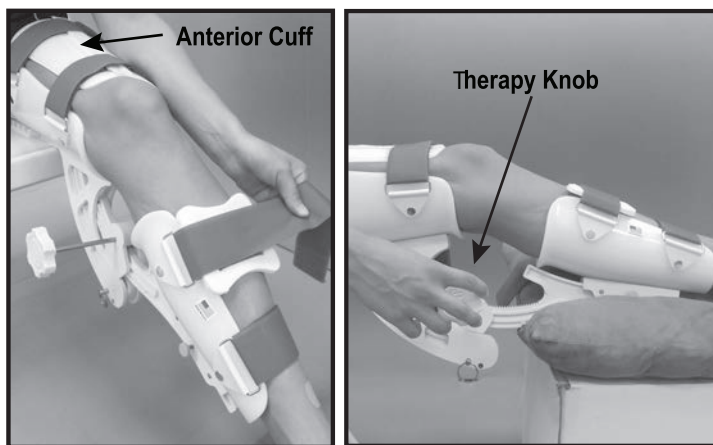


STEP 2: PLACE DEVICE UNDER THIGH AND CALF



- Support leg with a foot stool or other means.
- Place device under leg, with d-rings located on inner side of thigh.
- Slide device up so that your entire thigh and buttock rest on Thigh Cuff.
- Adjust position of device so that the Gear Box is centered directly under knee joint.
- Loosen Length Adjustment Knob to adjust position of Calf Cuff. Retighten knob. **NOTE:** Do not overtighten knob.

STEP 3: SECURE THIGH AND CALF CUFF STRAPS



- Feed thigh and calf straps through d-rings, pull back until cuffing is comfortably snug and secure. **NOTE:** Align Anterior Cuff so there are equal gaps on both sides.
- Begin treatment session by rotating Therapy Knob, following protocol outlined on back of page.



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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