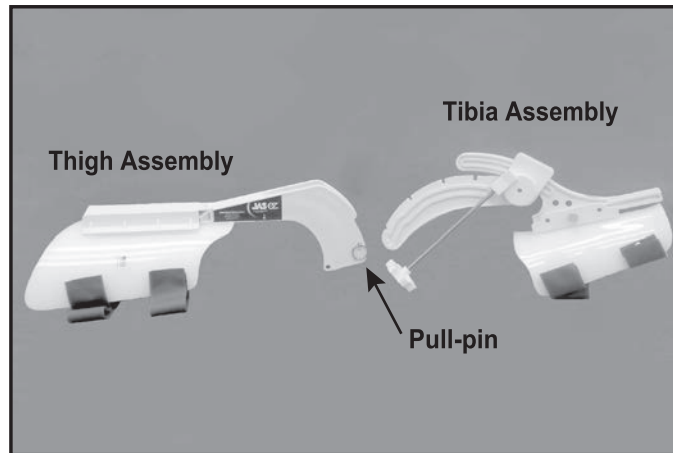


JAS[®] eZ KNEE FLEXION
ASSEMBLY AND FITTING INSTRUCTIONS

JAS[®] EZ KNEE FLEXION

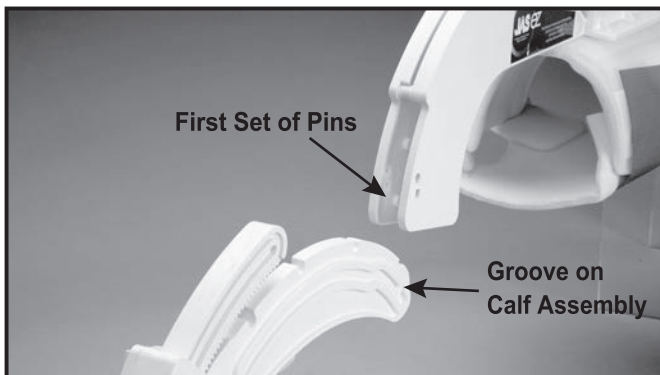
ASSEMBLY INSTRUCTIONS

PARTS LIST



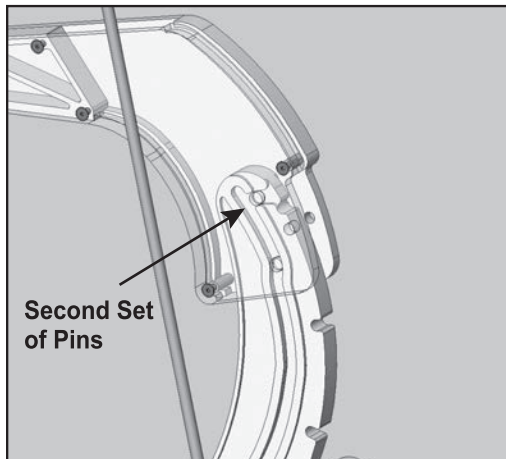
- Remove Pull-pin from Thigh Assembly.

STEP 1:



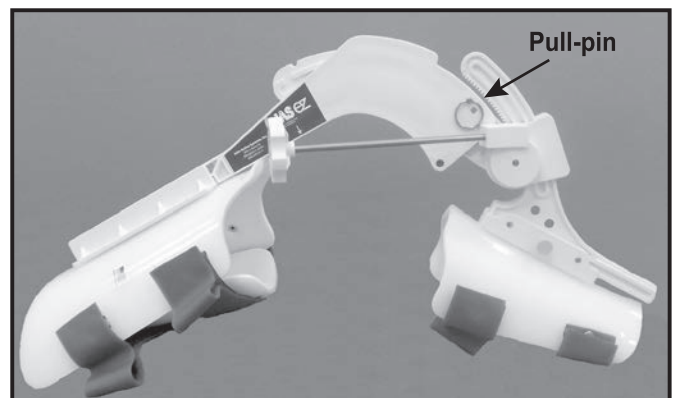
- Slide 1st set of pins on Thigh Assembly into the groove on Tibia Assembly.

STEP 2:



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

STEP 3:



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

JAS[®] EZ KNEE FLEXION FITTING INSTRUCTIONS

It is best to carry out your JAS treatment sessions in a seated position only a sock on your foot to help it slide easily during device use.

DO NOT STAND OR WALK WHILE WEARING DEVICE

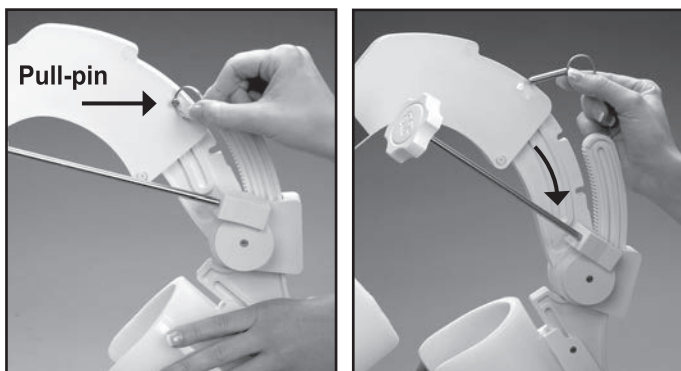
STEP 1: INITIAL SET-UP

CHOOSING & ADJUSTING PULL-PIN SETTING

- There are four Pull-pin settings, which allow the EZ Knee to move through four arcs of motion:
 - 1 moves from 50° flexion to 80° flexion
 - 2 moves from 68° flexion to 98° flexion
 - 3 moves from 94° flexion to 124° flexion
 - 4 moves from 118° flexion to 148° flexion
- Before each JAS session, choose the Pull-pin setting that is closest to your comfortable end range of knee flexion.

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

ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT



- Remove device from leg and remove Pull-pin.
- Slide device apart until the next hole on the Tibia Assembly lines up with the hole on the Thigh Assembly.
- Re-insert Pull-pin.

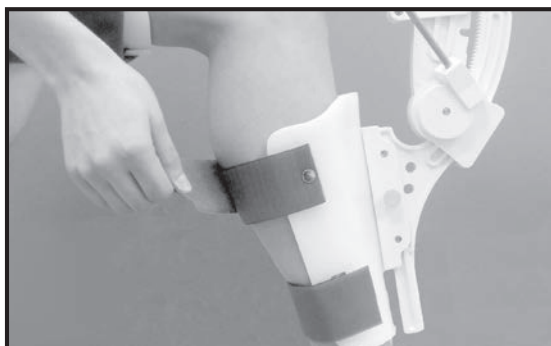
STEP 2: PLACE DEVICE OVER LEG



- Adjust device so that arrows on JAS labels are aligned over the top of knee.
- Orient device so that Therapy Knob is on the right side of thigh.



STEP 3: SECURE THIGH & TIBIA CUFF STRAPS (can be done in any order)



- Flex leg as far as possible.
- Rotate Therapy Knob until Tibia Cuff is flush against lower leg.
- Loosen Length Adjustment Knob to adjust position of Tibia Cuff. Retighten knob. **NOTE:** Do not overtighten knob.
- Feed Tibia Cuff straps through d-rings and secure comfortably snug.



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



- 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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