



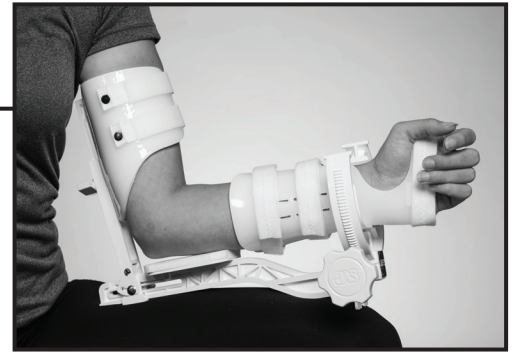
PRO / SUP

FITTING INSTRUCTIONS

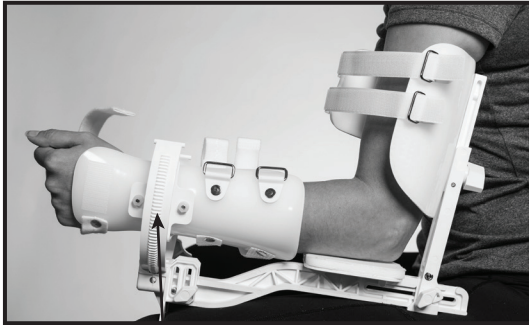
It is best to complete your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap.

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.

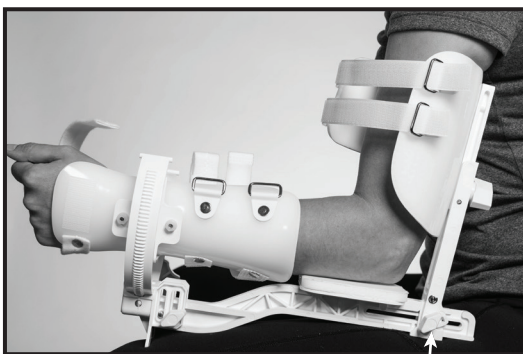
NOTE: Always begin your session with your arm in a neutral position (as pictured above).

- Place your arm in the device so the hand is in the hand cuff.

- 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)

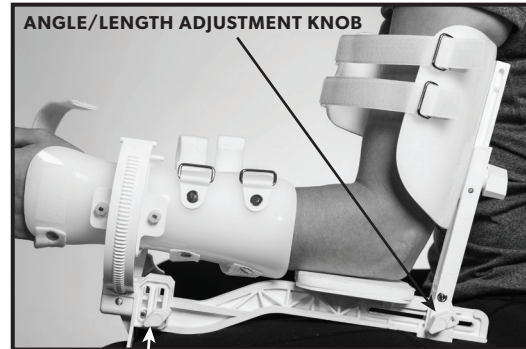
STEP 2: ANGLE ADJUSTMENT (if necessary)



ANGLE / LENGTH 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.

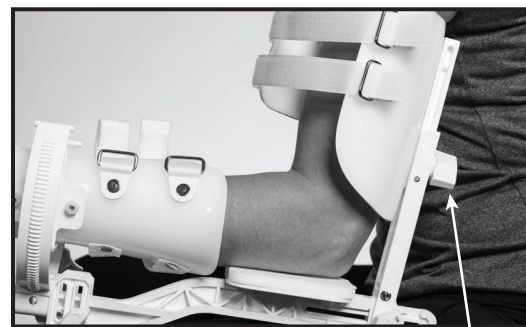
STEP 3: ADJUST FOREARM LENGTH (if necessary)



GEAR HEIGHT ADJUSTMENT KNOB

- 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. You may need to adjust the elbow support pad forward or back to make the appropriate length adjustment.
- To raise or lower gear so the forearm is parallel to the base, loosen the Gear Height Adjustment Knob.
- Retighten the knobs.

STEP 4: ADJUST BICEP CUFF HEIGHT (if necessary)



BICEP ADJUSTMENT KNOB

- The bicep cuff should be located at the center of the bicep.
- To adjust, loosen the Bicep Adjustment Knob and move up or down until the bicep cuff is at the center of the bicep.
- Retighten the knob.
- 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).



PRO / SUP

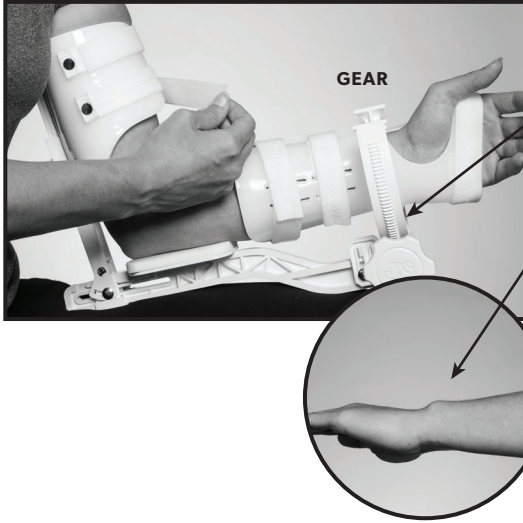
FITTING INSTRUCTIONS

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

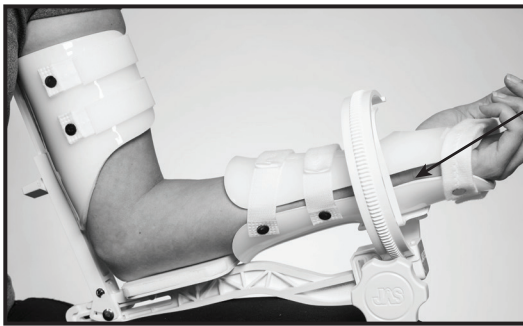
DO NOT WALK OR STAND WHILE WEARING DEVICE



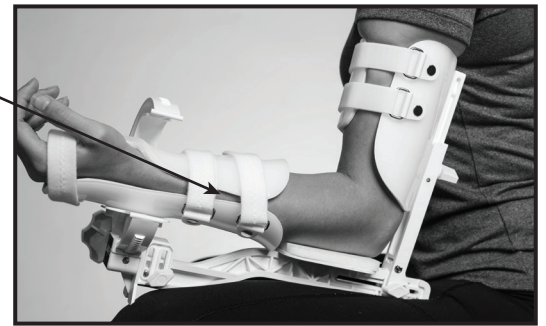
STEP 5: SECURE STRAPS



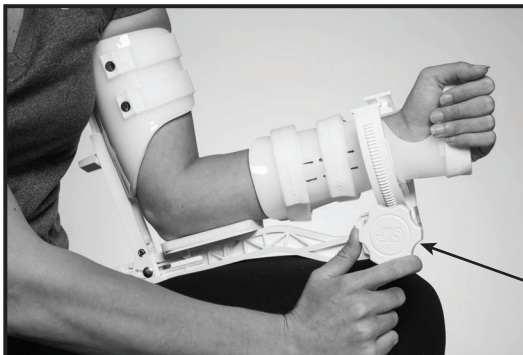
- Place arm in the device so the hand is in the hand cuff.
- The ulna styloid should be aligned with the gear.
NOTE: The ulna styloid is the bump on the pinky side of the forearm near the wrist.
- Pull the straps through the slits on the bottom of the hand cuff to take up slack.
- Secure the forearm and palm straps comfortably snug.
- Fasten the bicep cuff straps comfortably snug.
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.
- 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.

THERAPY KNOB



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.



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.

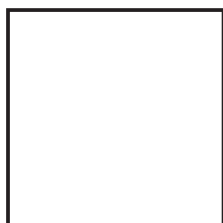
STEP 4: When the 30-minute session is complete, turn the knob in the opposite direction until the stretch is relieved, then remove the device. You may feel some joint stiffness following your JAS session. Gently move your joint back and forth to "cool down" and relieve the stiffness.

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.



Scan the QR Code for additional resources.



Joint Active Systems, Inc.

2600 South Raney • Effingham, IL 62401

TEL: (217) 342-3412 or (800) 879-0117

Email: info@jointactivesystems.com

www.jointactivesystems.com

Covered by one or more US patents. Other patents pending.

Licensed in the State of Illinois.