



**PRONATION / SUPINATION  
FITTING INSTRUCTIONS**



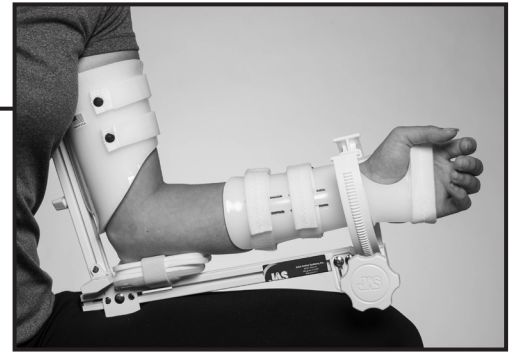
# PRO / SUP

## FITTING INSTRUCTIONS

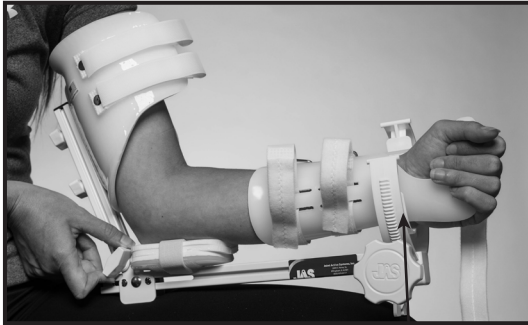
It is best to complete your JAS therapy session in a comfortably seated position. The device can rest on or beside your lap.

**\*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

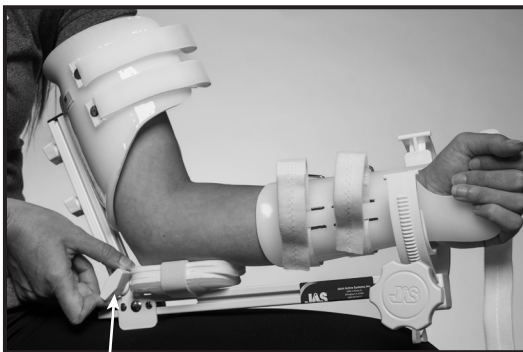
- Loosen the straps.

**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)

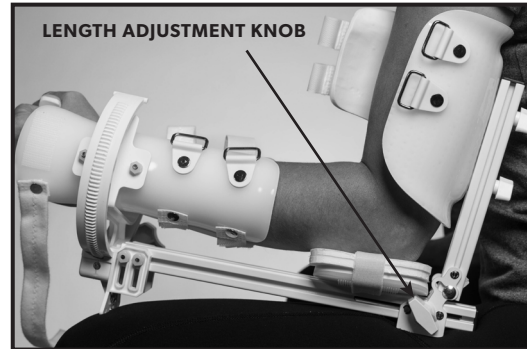
### STEP 2: ANGLE ADJUSTMENT (if necessary)



ANGLE 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)



LENGTH 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.
- Retighten the knob.

### STEP 4: ADJUST BICEP CUFF HEIGHT (if necessary)



BICEP ADJUSTMENT KNOBS

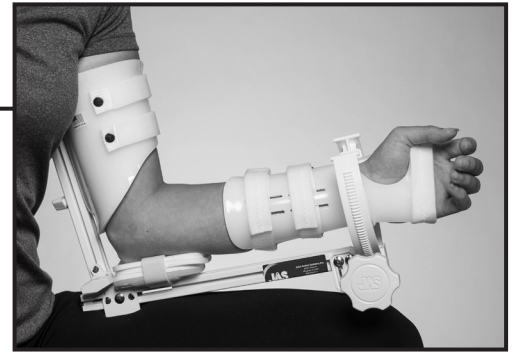
- The bicep cuff should be located at the center of the bicep.
- To adjust, loosen both Bicep Adjustment Knobs and move up or down until the bicep cuff is at the center of the bicep.
- Retighten the knobs.
- NOTE:** The bottom of the bicep cuff should not touch the top of your forearm. The top of the bicep cuff should not touch the axilla (underarm).

# PRO / SUP

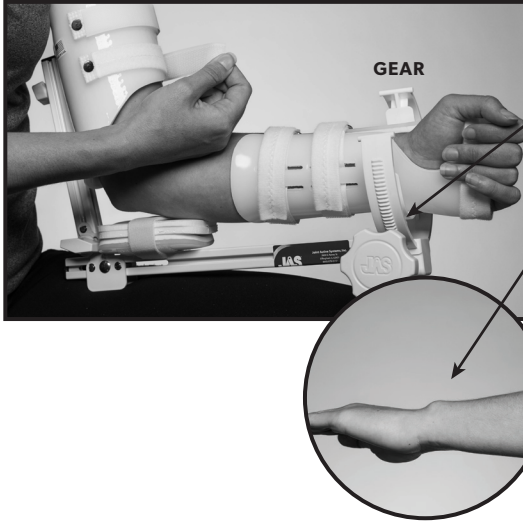
## FITTING INSTRUCTIONS

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

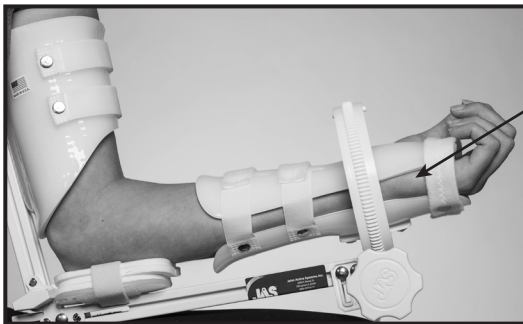
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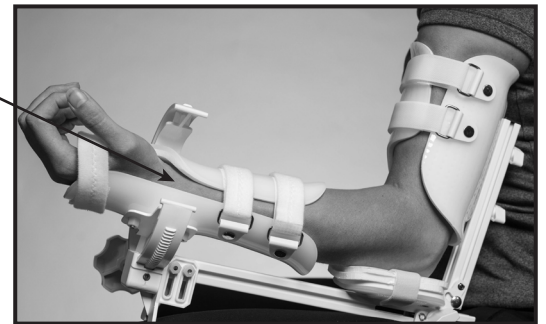
### STEP 5: SECURE STRAPS



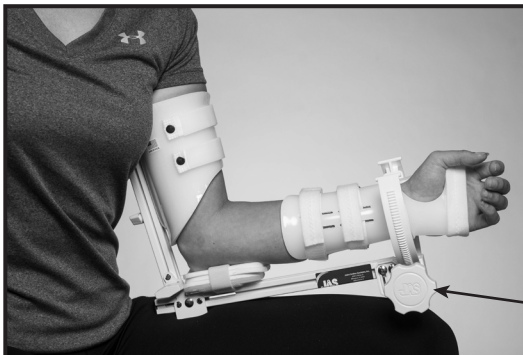
- Place arm in the device so the hand is in the hand cuff.
- The ulna styloid should be aligned with the gear.
  - NOTE:** The ulna styloid is the bump on the pinky side of the forearm near the wrist.
- Pull the straps through the slits on the bottom of the hand cuff to take up slack.
- Secure the forearm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

**These are guidelines only. Remove the JAS SPS device if you experience pain at any time and contact your Joint Active Systems sales consultant.**

**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 Therapy Knob, reassess stretch level:  
1. If stretch intensity has decreased, rotate the Therapy 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 Therapy 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 Therapy 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 SPS devices are NOT designed to be worn overnight. Joint Active Systems does not recommend or endorse a therapy protocol that includes extended wear times. 4+ hour sessions 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.

**DEVICE RETURN:** This is a rental device. At the end of your treatment it is **your responsibility** to contact JAS to terminate billing and arrange for device return.



Scan the QR Code for additional resources.



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