

JAS[®] SPS SHOULDER

BODY CUFF MODEL

FITTING INSTRUCTIONS

JAS[®] SPS SHOULDER BODY CUFF MODEL

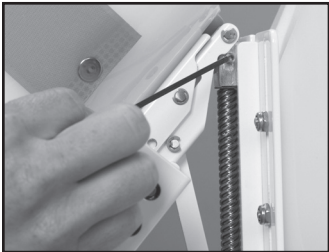
FITTING INSTRUCTIONS

For best results, use an armless chair with a back. Make sure arm is relaxed in the arm support and the involved shoulder is not elevated or hiked.

DO NOT STAND OR WALK WHILE WEARING DEVICE



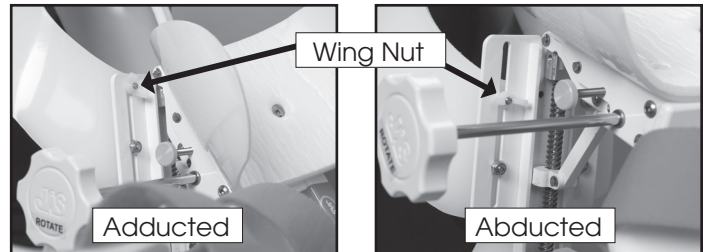
SCAPULAR ALIGNMENT



- Using the Allen wrench provided, the device can be adjusted to align with the scapular plane.
- Loosen the set screw located near the top of the device, just under the top of the bicep cuff, on the back side of the device.
- Adjust the angle of the device, then retighten the set screw.

INITIAL SETUP (prior to fitting on patient)

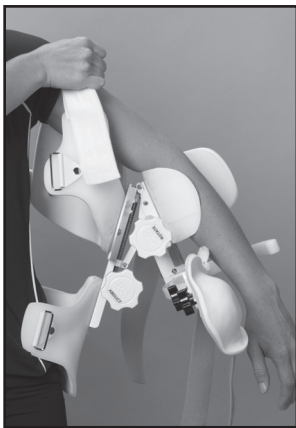
CHEST CUFF ADJUSTMENT



- Estimate the range of abduction the patient is able to achieve.
- Loosen all wing nuts connecting chest cuff to device. Slide the chest cuff up or down, depending on the amount of abduction able to be achieved.

NOTE: Less abduction, chest cuff is upward in the slots. More abduction, chest cuff is lower in the slots.

STEP 1: SLIDE DEVICE ONTO SHOULDER



- Slide arm through top shoulder strap and bicep cuff and rest it on arm support.



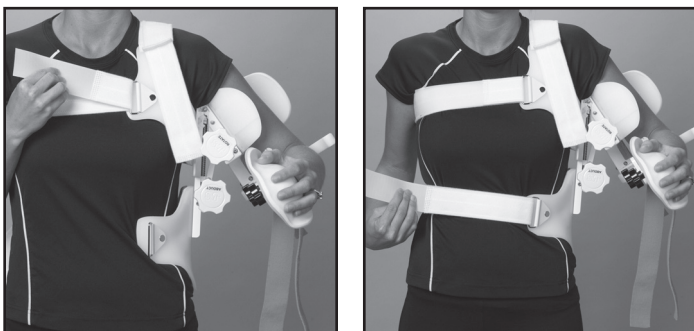
- Let shoulder strap rest on shoulder.

STEP 2: ALIGN DEVICE TO SHOULDER JOINT



- Pull shoulder strap to raise device so fulcrum is approximately 1" below underarm.
- Make sure arm is relaxed and shoulder is not hiked when checking for proper height.

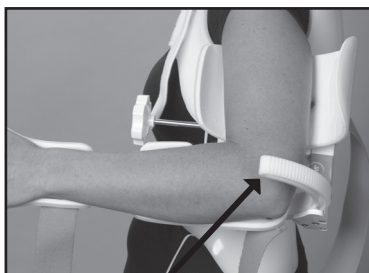
STEP 3: SECURE CHEST AND WAIST STRAP



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

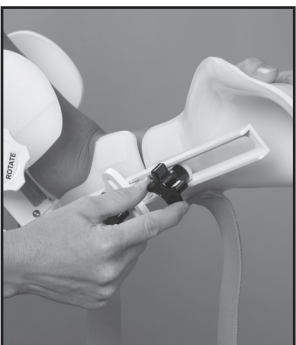
STEP 4: ADJUST LENGTH OF UPPER AND LOWER ARM SUPPORT

NOTE: Upper arm support length is correct when the center of elbow sits in center of the gear.



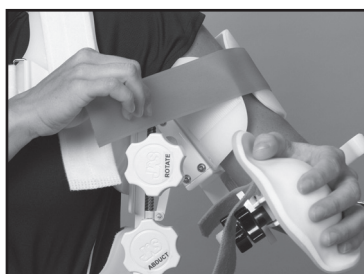
Epicondyle

- To adjust upper arm support length: loosen knob under the bicep cuff, slide end of support in or out to proper length, and retighten knob.



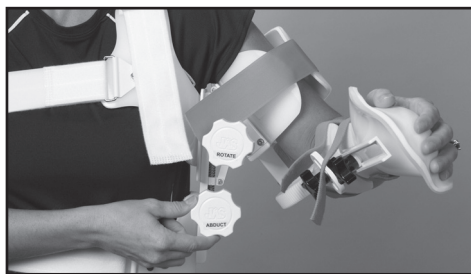
- To adjust lower arm support length: loosen knob under the hand cuff, slide hand cuff in or out to proper length, and retighten knob.
- If patient is unable to flex or extend elbow to fit into device: loosen knob under the forearm cuff, pivot the lower arm support to desired angle, and retighten knob.

STEP 5: SECURE ARM SUPPORT STRAPS



- Secure upper arm, forearm, and hand support straps comfortably snug.

STEP 6: ADJUST ABDUCTION POSITION



- Rotate abduction knob to desired position of shoulder abduction, as directed by doctor or therapist.

NOTE: As internal rotation increases, abduction must be increased so that forearm can clear body.

STEP 7: BEGIN THERAPY



External Rotation



Internal Rotation

- Rotate Therapy Knob to begin treatment protocol outlined on following page.
- ROM therapy can be done for both internal and external rotation.



RECOMMENDED TREATMENT PROTOCOL

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 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 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 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.

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.



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