



**WRIST EXTENSION & FLEXION
FITTING INSTRUCTIONS**

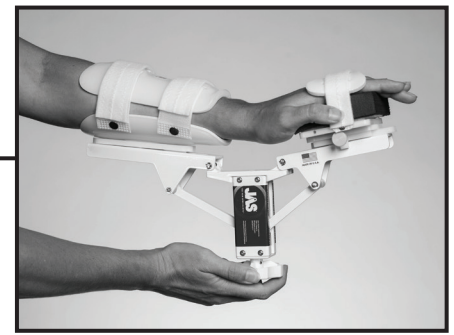


WRIST EXTENSION

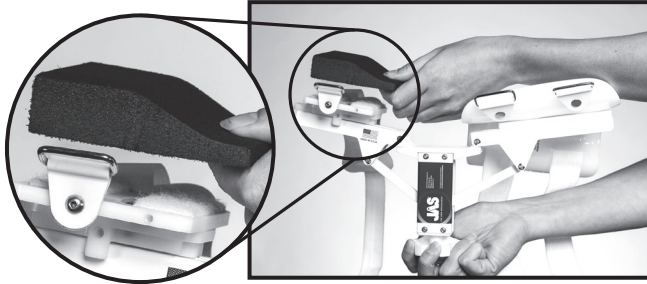
FITTING INSTRUCTIONS

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

DO NOT STAND OR WALK WHILE WEARING DEVICE

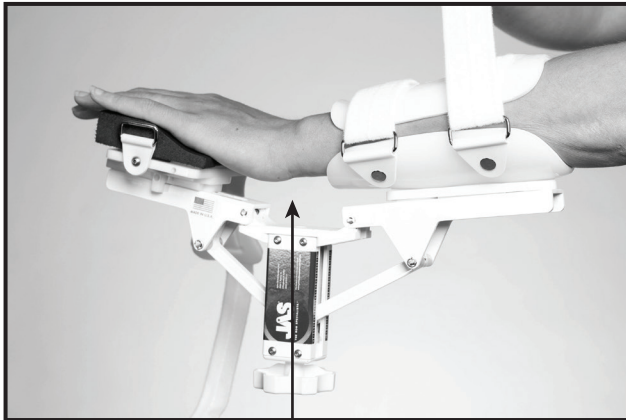


STEP 1: ATTACH EXTENSION HAND PAD



- Place only the extension hand pad on the device. The thinner edge of the wedge should rest under your palm.

STEP 2: PLACE FOREARM IN DEVICE

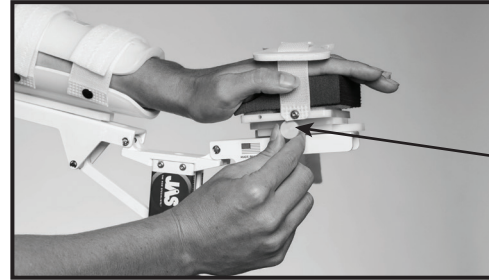


ALIGN WRIST OVER CENTER OF TOWER

- Loosen all straps. Rotate the Therapy Knob to move the device into extension until the angle matches the extended angle of the wrist.
- Place the hand and forearm on the device. Align so the frame is centered under the wrist. Secure forearm straps comfortably snug.

NOTE: Ensure the gapping between the 2 cuffs is equal on both sides of the forearm.

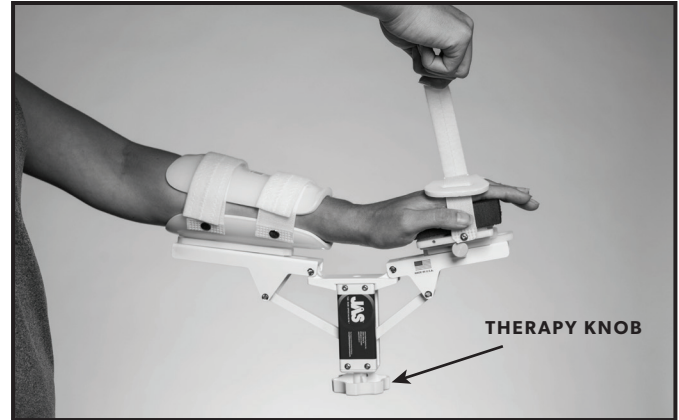
STEP 3: HAND PAD ADJUSTMENT



HAND PAD ADJUSTER

- Use the Hand Pad Adjuster to position the tips of the fingers just over the edge of the Hand Pad.

STEP 4: SECURE HAND STRAP



THERAPY KNOB

- Secure the hand strap comfortably snug.

STEP 5: BEGIN THERAPY

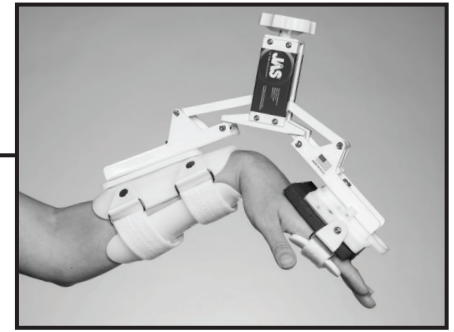
- Begin treatment protocol by rotating the Therapy Knob as directed by your physician or therapist.
- At the end of your therapy session, release the pressure by rotating the Therapy Knob in the opposite direction, undo the straps, and remove the device.



WRIST FLEXION

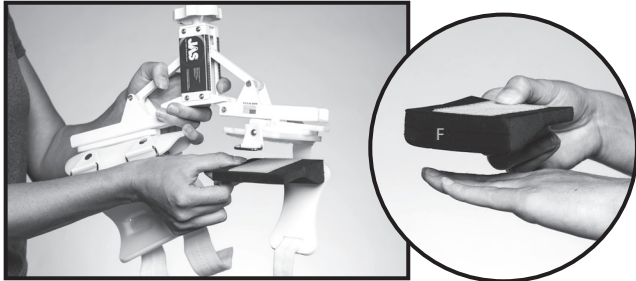
FITTING INSTRUCTIONS

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



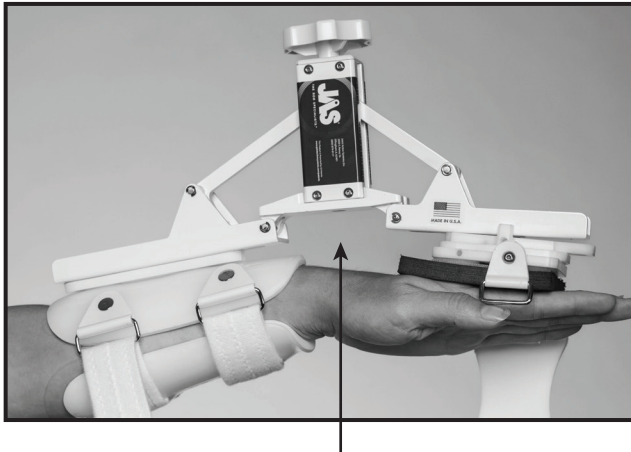
DO NOT STAND OR WALK WHILE WEARING DEVICE

STEP 1: ATTACH FLEXION HAND PAD



- Place only the flexion hand pad on the device.
- The flexion hand pad will have the letter "F" on it. The thicker edge of the wedge should rest on top of your hand on the pinky side.

STEP 2: PLACE FOREARM IN DEVICE

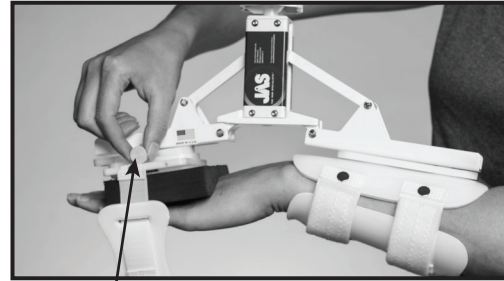


ALIGN WRIST UNDER CENTER OF TOWER

- Loosen all straps. Place the hand and forearm under the device.
- Make sure the wrist is aligned under the center of the tower. Secure the forearm straps comfortably snug.

NOTE: Ensure the gapping between the 2 cuffs is equal on both sides of the forearm.

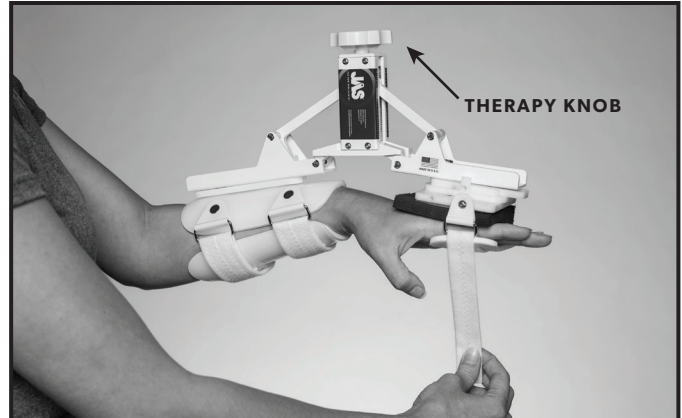
STEP 3: HAND PAD ADJUSTMENT



HAND PAD ADJUSTER

- Use the Hand Pad Adjuster to position the tips of the fingers just beyond the edge of the Hand Pad.

STEP 4: SECURE HAND STRAP



THERAPY KNOB

- Secure the hand strap comfortably snug.

STEP 5: BEGIN THERAPY

- Begin treatment protocol 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.



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 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.



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.