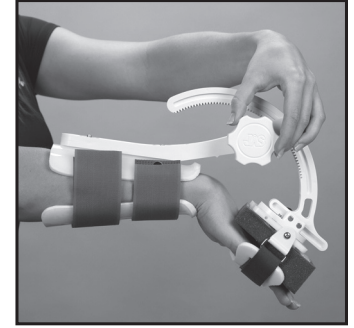
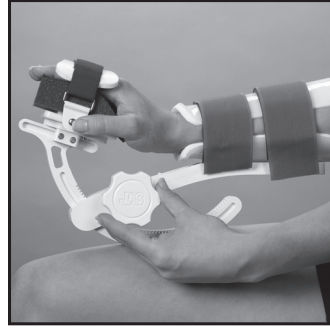


# JASGL WRIST EXTENSION & FLEXION

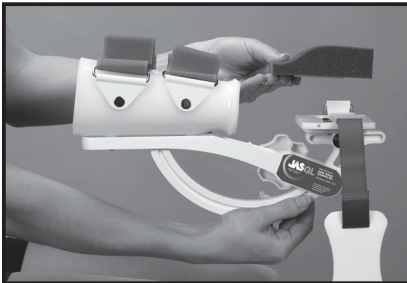
## FITTING INSTRUCTIONS

It is best to carry out your JAS therapy session in a comfortably seated position. The device can rest on your lap or on a table or desk in front of you. You should not be up walking during a JAS treatment session.

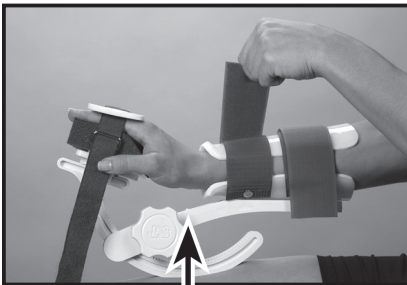


### EXTENSION USE

#### STEP 1: PLACE HAND AND FOREARM IN DEVICE

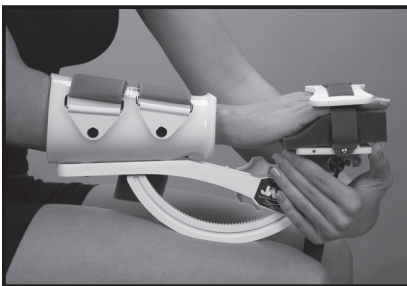


- Attach extension support to hand plate.
- Loosen all straps.



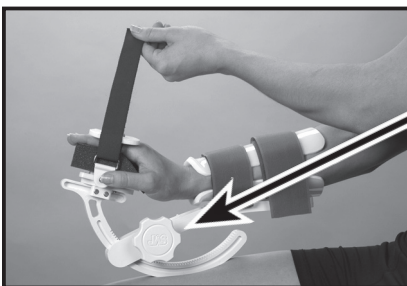
- Slide arm into device, with motion arm *under* wrist.
- Align wrist with markers on device.
- Secure forearm straps comfortably snug.

#### STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen knob on side of hand support, and slide forward or back until it sits comfortably under palm and fingers.
- Re-tighten knob.

#### STEP 3: SECURE HAND SUPPORT STRAP AND BEGIN THERAPY



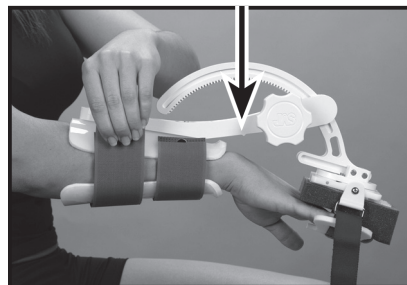
- Secure hand strap comfortably snug.
- Begin treatment protocol by rotating therapy knob as outlined on back of page.

### FLEXION USE

#### STEP 1: PLACE HAND AND FOREARM IN DEVICE



- Attach flexion support to hand plate.
- Loosen all straps.



- Slide arm into device, with motion arm *over* wrist.
- Align wrist with markers on device.
- Secure forearm straps comfortably snug.

#### STEP 2: ADJUST POSITION OF HAND SUPPORT



- Loosen knob on side of hand support, and slide forward or back until it sits comfortably over back of hand.
- Re-tighten knob.

#### STEP 3: SECURE HAND SUPPORT STRAP AND BEGIN THERAPY



- Secure hand strap comfortably snug.
- Begin treatment protocol by rotating therapy knob as outlined on back of page.

NOTE: If you feel pressure or discomfort at hand or wrist during ROM therapy session, loosen black knob and slide hand support outward to remedy.