



**SPS Knee Extension & Flexion**

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**FITTING INSTRUCTIONS**

# JAS<sup>®</sup> SPS KNEE FITTING INSTRUCTIONS

## EXTENSION

It is best to carry out the JAS knee session in a seated position with a foot rest under the calf for comfort and support.

**\*DO NOT STAND OR WALK WHILE WEARING DEVICE\***

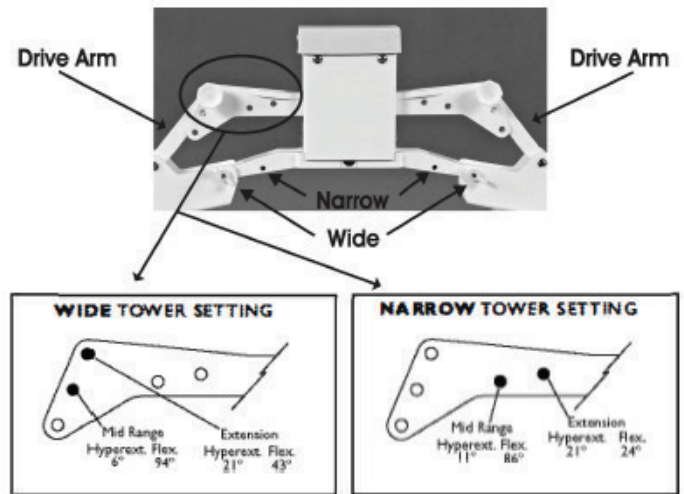
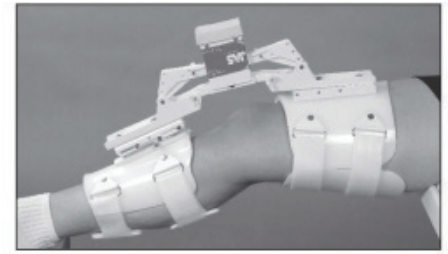
### INITIAL SETUP: SET DRIVE ARMS IN CORRECT EXTENSION HOLE SETTINGS

(see additional information on Drive Arm Settings page)

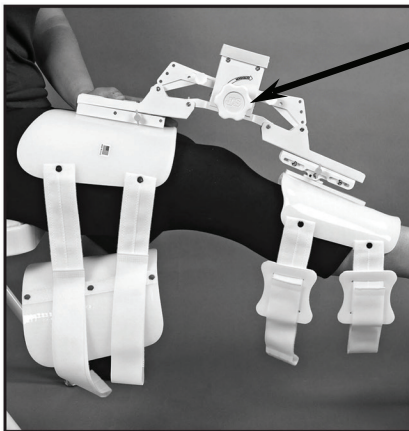
**IMPORTANT:** To prevent the device from binding, the Drive Arms must be in the same hole location on both sides.

#### To Change Drive Arm Setting:

- Remove Pull-pin and relocate Drive Arm to the correct hole according to end range of motion.
- Reinsert Pull-pin. Repeat action for the other Drive Arm.
- If device is set up for "Wide", use the "Wide Tower Setting" holes. If device is set up for "Narrow", use the "Narrow Tower Setting" holes.
- When device is used for "Extension only", the Narrow Tower Setting is preferred.



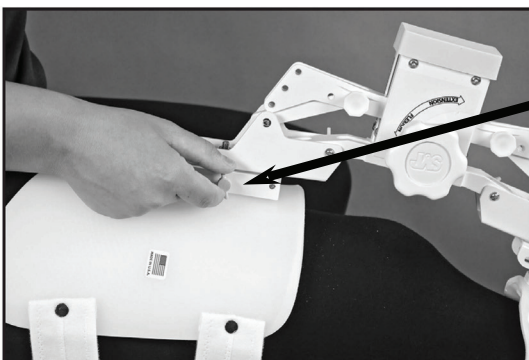
### STEP 1: PLACE DEVICE OVER LEG



#### Therapy Knob

- Loosen all straps.
- Align device over leg, centering tower over knee.
- Prop leg up on stool or chair for support.
- Extend knee comfortably to end range.
- Rotate Therapy Knob so tibia cuff makes solid contact with shin.

### STEP 2: THIGH CUFF SLIDER ADJUSTMENT



#### Thumb Screw

### STEP 2: THIGH CUFF SLIDER ADJUSTMENT, (cont'd)

- For Extension use, position the thigh cuff slider toward the center of the device.

#### To Move the Thigh Cuff Slider:

- Loosen the Thumb Screw located on the side of the Thigh Cuff Slider (see arrow in left column below).
- Move the Thigh Cuff Slider to desired position.
- Retighten the Thumb Screw snug (so it will not move).

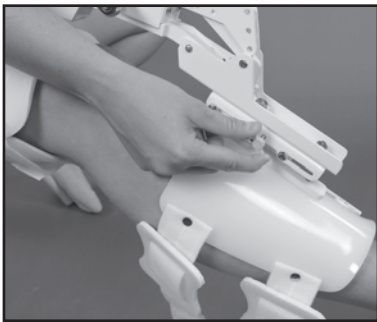
### STEP 3: SECURE THIGH CUFF STRAPS



- Pull and secure thigh cuff straps comfortably snug.

# JAS<sup>®</sup> SPS KNEE EXTENSION, cont'd

## STEP 4: TIBIA CUFF LENGTH ADJUSTMENT



**Length Adjustment Knob** (located on outside of device)

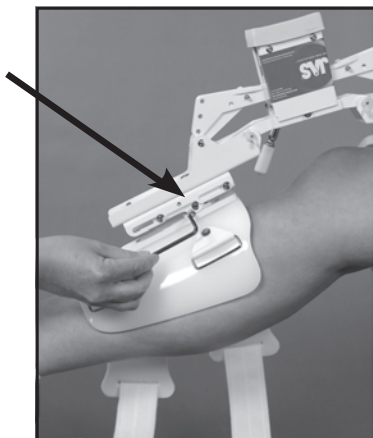
- **Length Adjustment:** Position tibia cuff so it is centered along length of lower leg.

## STEP 5: TIBIA CUFF ANGLE ADJUSTMENT

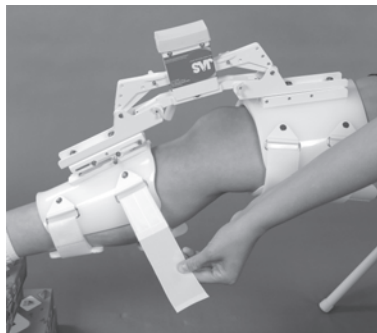
**Angle Adjustment Screw**  
(located on both sides of device)

- **Angle Adjustment:** Tilt tibia cuff so it makes contact with lower leg along the entire length of cuff.

**Use provided Allen wrench to lock in place.**

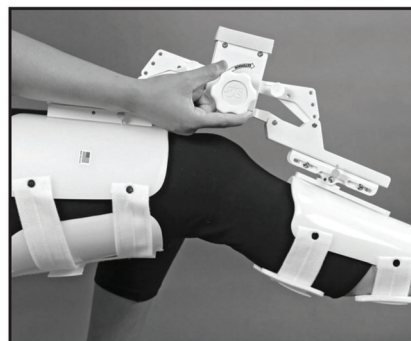


## STEP 6: SECURE TIBIA CUFF STRAPS



- Pull and secure tibia cuff straps comfortably snug.

## STEP 7: BEGIN THERAPY



- Turn Therapy Knob in direction indicated on label for Extension.
- Begin treatment as outlined following the JAS Treatment Protocol or as directed by your physician or therapist.

# JAS<sup>®</sup> SPS KNEE FITTING INSTRUCTIONS

## FLEXION

It is best to carry out the JAS knee session in a comfortably seated position at the edge of a seat without a shoe on. The foot needs to slide easily on the floor; placing a sock on the foot can help it slide easier during the session.

**\*DO NOT STAND OR WALK WHILE WEARING DEVICE\***

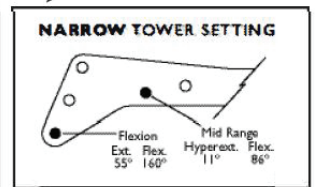
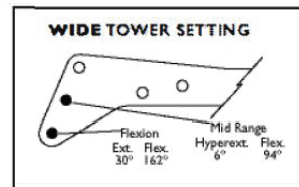
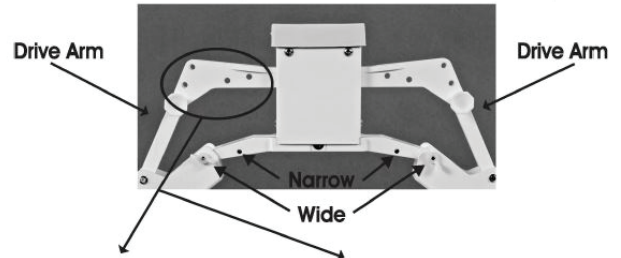
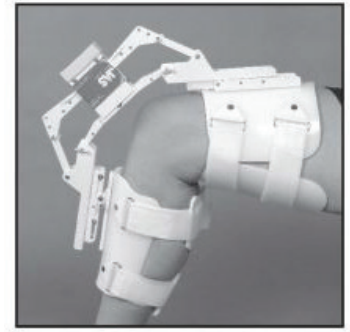
### INITIAL SETUP: SET DRIVE ARMS IN CORRECT FLEXION HOLE SETTINGS

(see additional information on Drive Arm Settings page)

**IMPORTANT:** To prevent the device from binding, the Drive Arms must be in the same hole location on both sides.

#### To Change Drive Arm Setting:

- Remove Pull-pin and relocate Drive Arm to the correct hole according to end range of motion.
- Reinsert Pull-pin. Repeat action for the other Drive arm.
- If device is set up for "Wide", use the "Wide Tower Setting" holes. If device is set up for "Narrow", use the "Narrow Tower Setting" holes.



### STEP 1: PLACE DEVICE OVER LEG



Therapy Knob

- Loosen all straps.
- Align device over leg, centering tower over knee.
- Bend knee comfortably to end range.
- Rotate Therapy Knob so tibia cuff makes solid contact with shin.

### STEP 2: THIGH CUFF SLIDER ADJUSTMENT



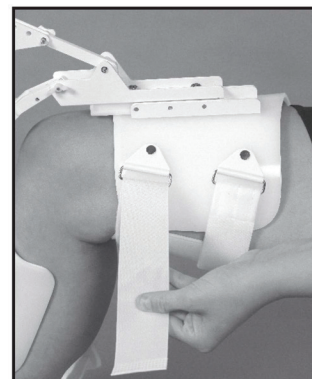
Thumb Screw

As the leg moves further into Flexion, position the Thigh Cuff Slider further away from the center of the device.

#### To Move the Thigh Cuff Slider:

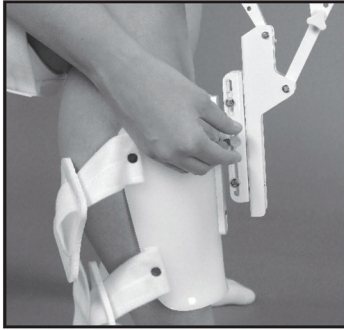
- Loosen Thumb Screw located on the side of the Thigh Cuff Slider.
- Move Thigh Cuff Slider to desired position.
- Retighten Thumb Screw snug (so it will not move).
- As the leg is flexed beyond 90 degrees, the Thigh Cuff Slider should be positioned as far as possible away from the center of device.

### STEP 3: SECURE THIGH CUFF STRAPS



- Secure thigh cuff straps comfortably snug.

## STEP 4: TIBIA CUFF ADJUSTMENT



**Length Adjustment Knob**  
(located on outside of device)

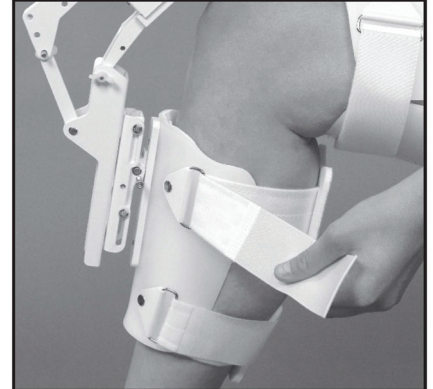


**Angle Adjustment Screw**  
(located on both sides of device)

- **Length Adjustment:** Position tibia cuff so it is centered along length of lower leg.
- **Angle Adjustment:** Adjust angle of the device to minimize tilt. The tibia cuff should make contact with the lower leg the entire length of the cuff.  
**Use provided Allen wrench to lock in place.**

## STEP 5: SECURE TIBIA CUFF STRAPS

- Secure tibia cuff straps comfortably snug.

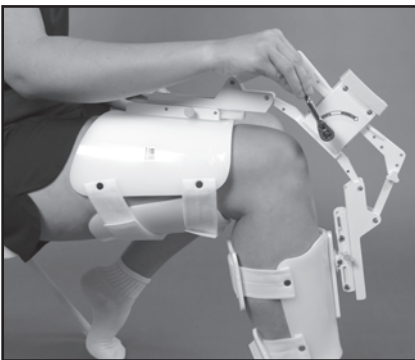


## STEP 6: BEGIN THERAPY



- Begin treatment as outlined following the JAS SPS Treatment Protocol or as directed by your physician or therapist.

## FOR MODEL WITH RATCHET



- Rotate ratchet in direction indicated on side of device for Extension or Flexion as needed.
- If ratchet clicks, rotate the small lever on the back of the ratchet.

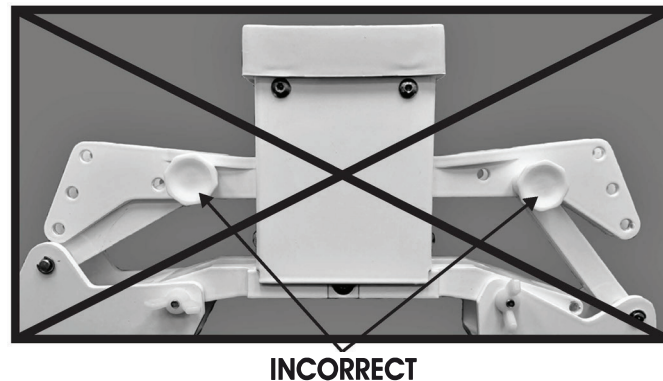
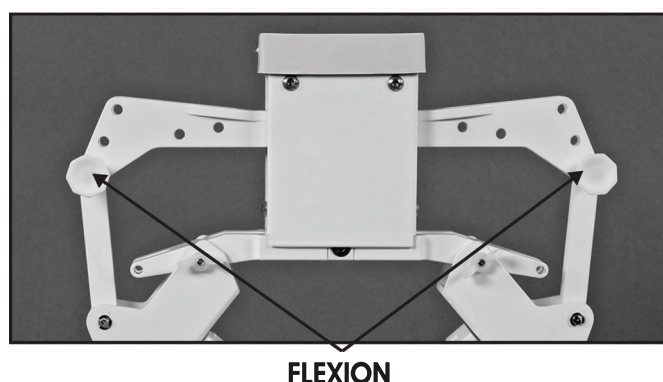
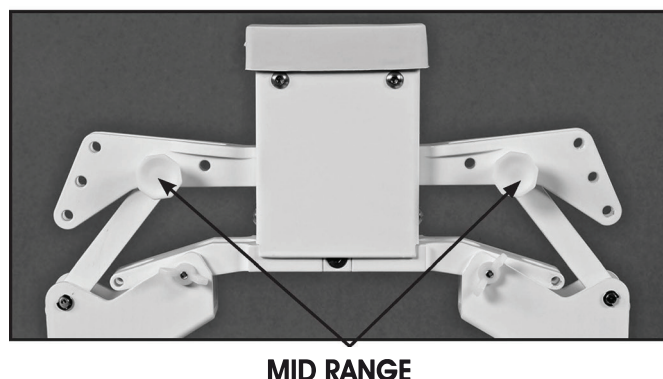
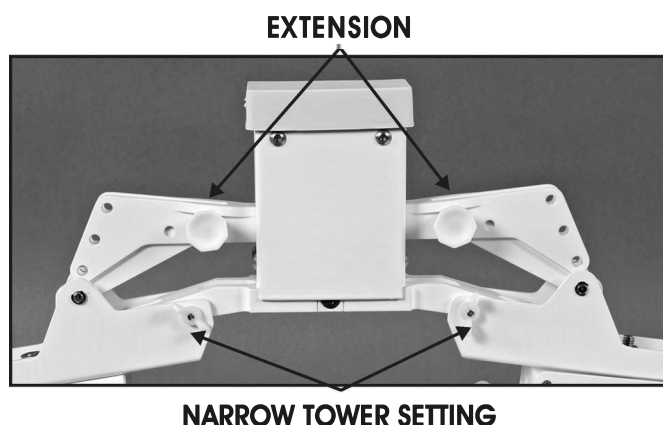
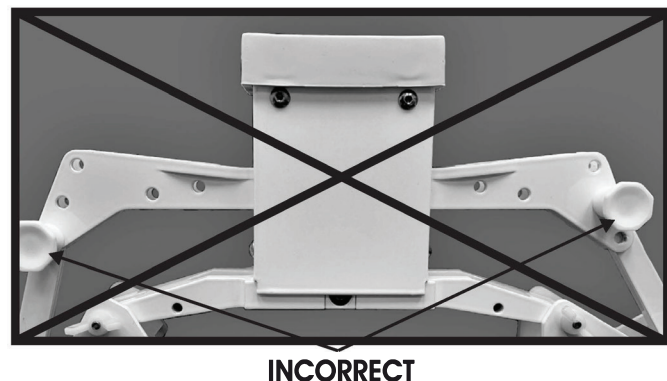
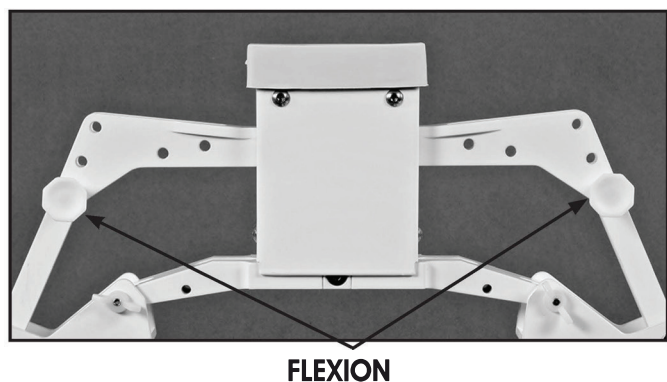
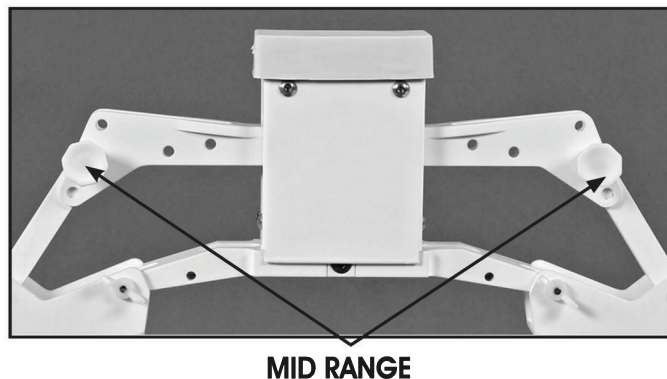
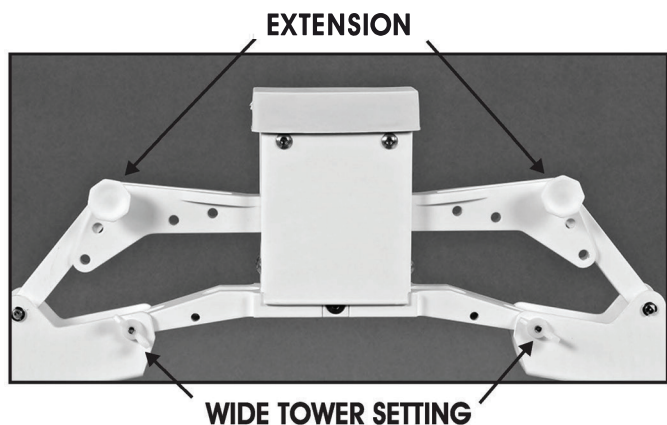


**Ratchet Lever**

# JAS® SPS KNEE DRIVE ARM SETTINGS

This page provides some additional clarification for the "Initial Setup" of the Drive Arms prior to using the device. To prevent device from binding, the Drive Arms must be in the same location on both sides.

**TIP:** If using the device for "Extension Only", for best results, use the device set up in the Narrow Tower Setting.





# SPS<sup>™</sup> 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.



## Joint Active Systems, Inc.

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