

JAS[®] ez KNEE FLEXION ASSEMBLY AND FITTING INSTRUCTIONS

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Covered by one or more US patents. Other patents pending.

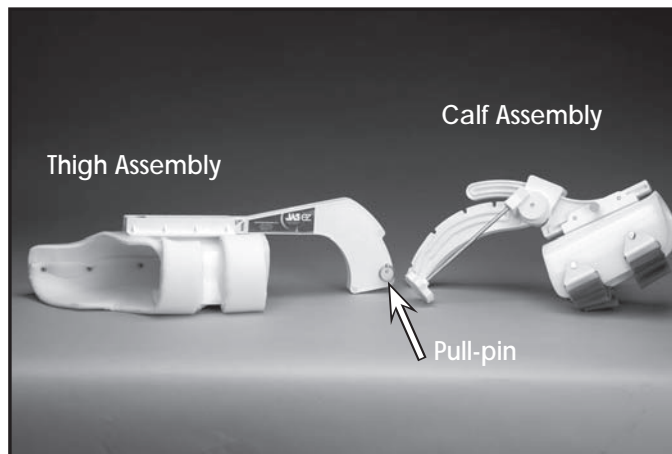
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JAS[®] ez KNEE FLEXION

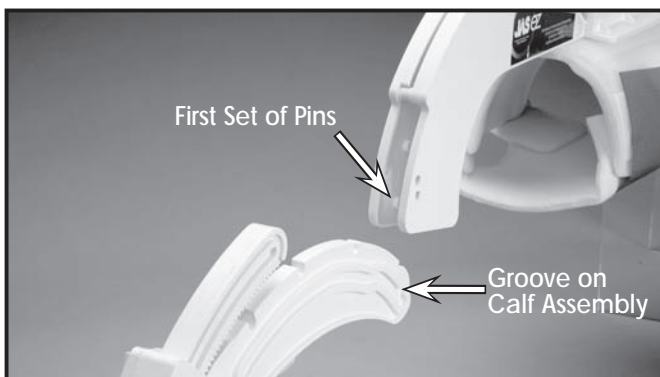
ASSEMBLY INSTRUCTIONS

PARTS LIST



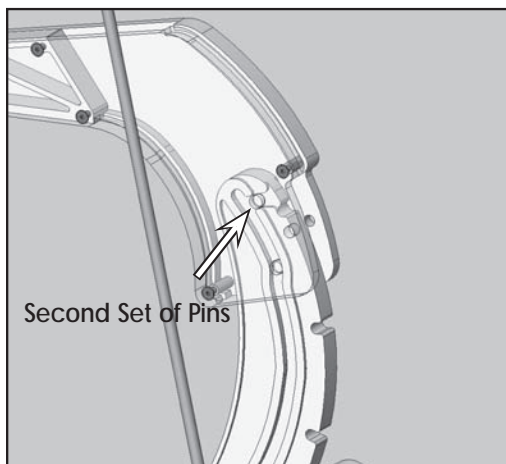
- Remove Pull-pin from Thigh Assembly.

STEP 1:



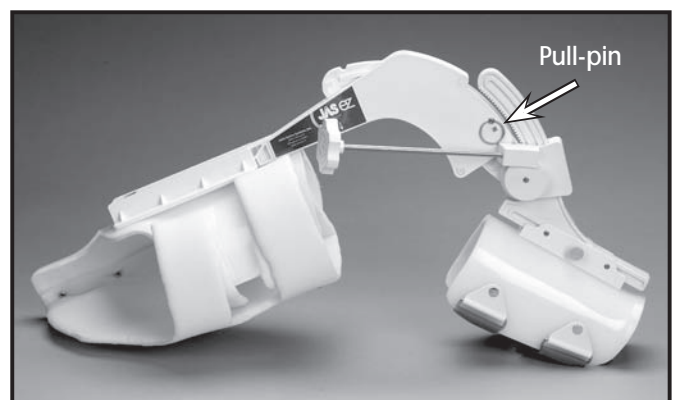
- Slide 1st set of pins on Thigh Assembly into the groove on Calf Assembly.

STEP 2:



- Hook end of Calf Assembly over the second set of pins on Thigh Assembly.

STEP 3:



- Slide Thigh Assembly completely onto Calf Assembly.
- Replace Pull-pin.

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FITTING INSTRUCTIONS



It is best to carry out your JAS E-Z Knee Flexion sessions in a seated position without a shoe on. Your foot needs to slide easily on the floor; placing a sock on your foot can help it to slide more easily during JAS device use.

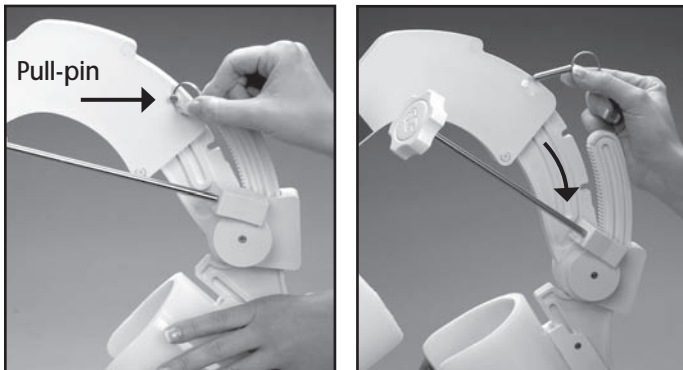
STEP 1: INITIAL SET-UP

CHOOSING & ADJUSTING PULL-PIN SETTING

- There are four pull-pin settings, which allow the E-Z Knee to move through four arcs of motion.
 - 1 moves from 50° flexion to 80° flexion.
 - 2 moves from 68° flexion to 98° flexion.
 - 3 moves from 94° flexion to 124° flexion.
 - 4 moves from 118° flexion to 148° flexion.
- Before each JAS session, choose the pull-pin setting that is closest to your comfortable end range of knee flexion.

NOTE: Most patients will begin therapy in setting 1 or 2.

ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT



- Remove device from leg and remove pull-pin.
- Slide device apart until the next hole on the calf assembly lines up with the hole on the thigh assembly.
- Re-insert pull-pin.

STEP 2: PLACE DEVICE OVER LEG

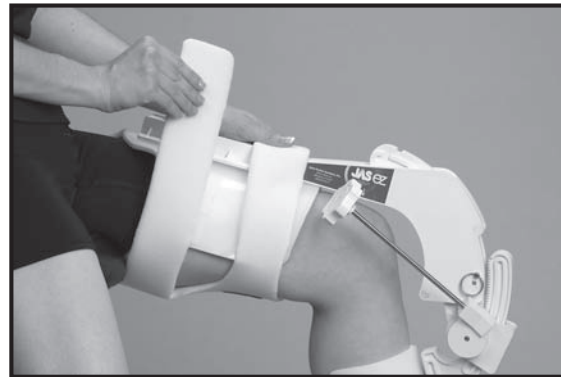


- Adjust device so that arrows on JAS labels are aligned over top of knee.
- Orient device so that turning knob is on right side of thigh.

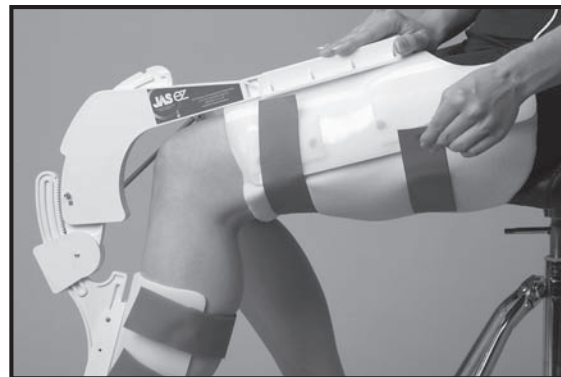
STEP 3: SECURE THIGH AND CALF CUFF STRAPS (can be done in any order)



- Feed calf cuff straps through D-rings and secure comfortably snug.



- Pull and secure inner thigh straps comfortably snug.



- Pull and secure outer thigh straps comfortably snug.
- Begin treatment session by rotating therapy knob, following protocol outlined on back of page.

RECOMMENDED

JAS[®] ez TREATMENT PROTOCOL

STEP 1: Rotate therapy knob until a gentle, pain-free stretch is felt. Level 2-3 on stretch intensity scale.



STEP 2: Hold stretch position for 5 minutes. Before turning knob, re-assess stretch level:

1. If stretch intensity has decreased, rotate knob until you feel a 2-3 level stretch again.
2. If stretch intensity has not changed, leave in same position.
3. If stretch intensity has increased, rotate knob in opposite direction until 2-3 level stretch is felt.

STEP 3: Hold 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 are initiating 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. If so, gradually increase to 30-minute sessions over a two week period, as tolerated.

STEP 4: When 30-minute session is complete, turn knob in opposite direction until stretch is relieved, then remove 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:

You must evaluate stretch sensation after each 5-minute stretch period, before adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, it is incorrect to turn further into the ROM. You will not achieve a desired result of permanent tissue stretch.

Aggressive or painful levels of stretch will not be therapeutic, 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 or for prolonged, continuous periods of time. 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 splints or turnbuckle splints. This is due to the known increased risk of skin irritation and / or breakdown associated with any prolonged splinting regime.

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 at **(800) 879-0117** or technical assistance and any questions regarding your JAS device..

JAS Representative

Contact Number



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