**ASSEMBLY INSTRUCTIONS**

### PARTS LIST

- Thigh Assembly
- Calf Assembly
- Pull-pin

### 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.

- Remove Pull-pin from Thigh Assembly.
It is best to carry out your JAS E-Z Knee Extension sessions in a seated position, with a foot rest under your calf for support and comfort. If you choose to do so lying down, place padded support (pillow, towel roll, etc) under your calf and ankle during use.

**STEP 1: INITIAL SET-UP**

**CHOOSING & ADJUSTING PULL-PIN SETTING**
- There are five pull-pin settings, which allow the E-Z Knee to move through five arcs of motion.
  1. moves from 48° flexion to 14° flexion.
  2. moves from 38° flexion to 4° flexion.
  3. moves from 22° flexion to 12° hyperextension.
  4. moves from 10° flexion to 24° hyperextension.
  5. moves from 4° hyperextension to 38° hyperextension.
- Before fitting device, choose the setting that is closest to your comfortable end range of knee extension.

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

**ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT**

- Support leg with a foot stool or other means.
- Place device under leg, with d-rings located on inner side of thigh.
- Slide device up so that your entire thigh and buttock rest on thigh cuff.
- Adjust position of device so that the gear box is centered directly under knee joint.
- Loosen Length Adjustment Knob to adjust position of calf cuff. Retighten knob. **NOTE:** Do Not overtighten knob.

**STEP 2: PLACE DEVICE UNDER THIGH AND CALF**

- Feed thigh and calf cuff straps through d-rings, pull back until cuffing is comfortably snug and secure. Note: Align anterior cuff so there is equal gaps on both sides.
- Begin treatment session by rotating therapy knob, following protocol outlined on back of page.
JAS EZ Turnbuckle orthoses are custom fabricated per individual patient. A series of specific measurements are taken so that the rigid polyethylene cuffs can be molded and cut to precisely fit the unique anatomic dimensions and anomalies of a patient’s extremity. This is the only way to assure accurate fit and minimize potential for tissue irritation.

JAS EZ Turnbuckle orthoses can be prescribed by the practitioner in a variety of wearing protocols and applications. JAS EZ orthoses can be used as a Turnbuckle or a positional supportive brace as directed by the prescribing physician. Practitioners have the flexibility to prescribe shorter or longer term wearing times and treatment protocols. All programs should be monitored for progress by the supervising practitioner and managed accordingly.

**EXEMPLARY TREATMENT PROTOCOL**

**NOTE:** The following protocol has been utilized with successful clinical outcomes. However, the wearing schedule, which includes duration and frequency of use, is to be ultimately determined by the prescribing physician or supervising practitioner. Should your prescribing physician or therapist recommend a different protocol please follow his or her instructions.

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

<table>
<thead>
<tr>
<th>DESIRED STRETCH INTENSITY</th>
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<tbody>
<tr>
<td>NO STRETCH</td>
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<tr>
<td>0</td>
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<tr>
<td>1</td>
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<td>2     3</td>
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<td>10</td>
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<td>PAINFUL STRETCH</td>
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**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:** 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. Wait 45-60 minutes between each JAS treatment session.

**CAUTION:** If you experience a change in swelling, skin integrity, numbness or irritation to your underlying condition when using the JAS EZ device, discontinue use and contact your physician.

**TECHNICAL SUPPORT**
Call JAS toll free at (800) 879-0117 for technical assistance and any questions regarding your JAS device.

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