



ELBOW FITTING INSTRUCTIONS

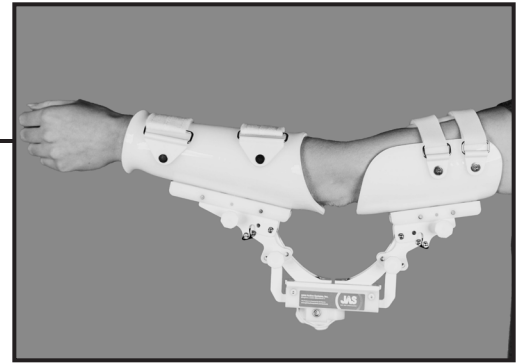


JAS DYNAMIC™ ELBOW

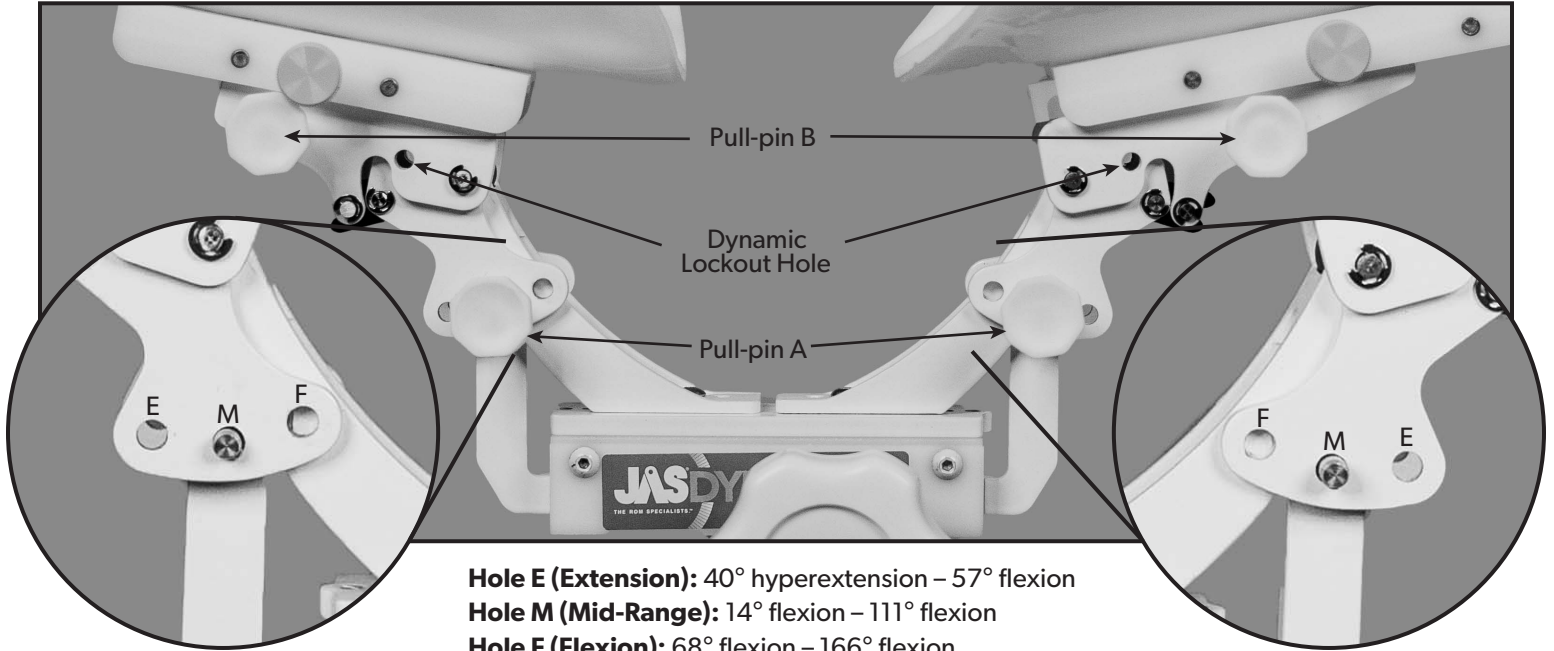
FITTING INSTRUCTIONS

It is best to complete your JAS therapy session in a comfortable seated or lying position.

DO NOT STAND OR WALK WHILE WEARING THE DEVICE



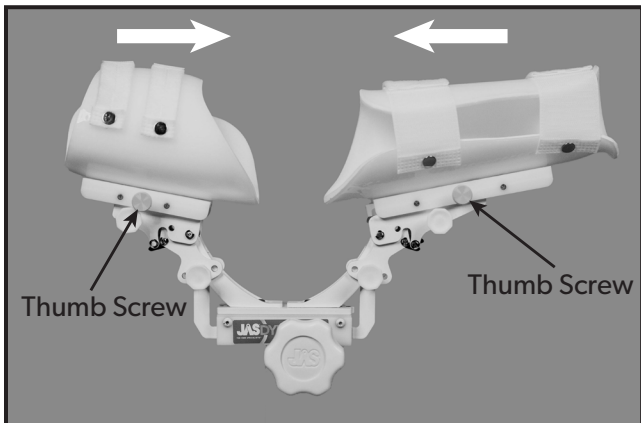
STEP 1: DEVICE SETUP AND STARTING ANGLE



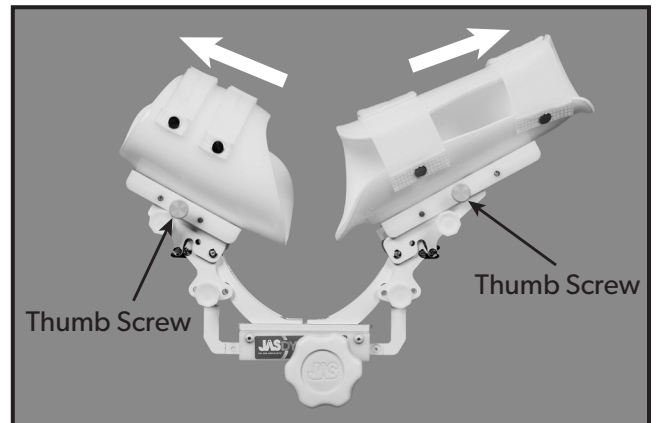
- Hole E (Extension):** 40° hyperextension – 57° flexion
- Hole M (Mid-Range):** 14° flexion – 111° flexion
- Hole F (Flexion):** 68° flexion – 166° flexion

Dynamic Lockout: This device is provided with Pull-pins in the dynamic position. To lockout the dynamic feature, relocate Pull-pin B (one on each side of the device) to the Dynamic Lockout Holes as shown in photo.

USAGE TIPS



Extension Position: As arm is able to extend further, loosen Thumb Screws and adjust cuffs towards the center of the device.



Flexion Position: As arm is able to flex further, loosen Thumb Screws and adjust cuffs away from the center of the device.

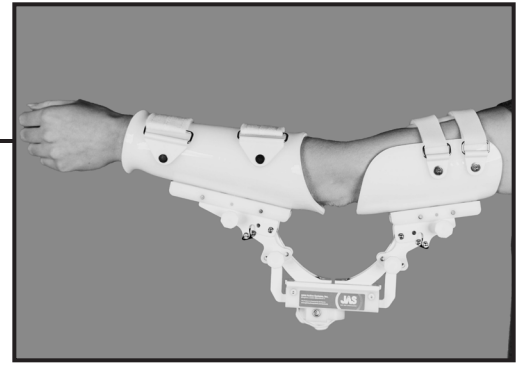


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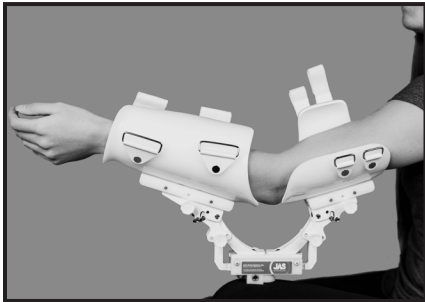
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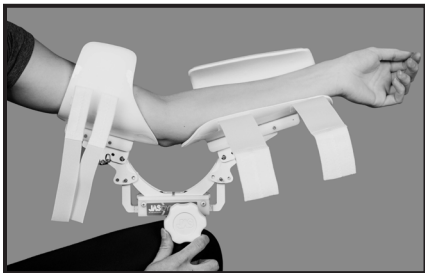
STEP 2: PLACE ARM IN DEVICE



- Loosen all straps.
- Place device into full extension by rotating the Therapy Knob.
- Place device under arm and align so frame is centered under elbow.

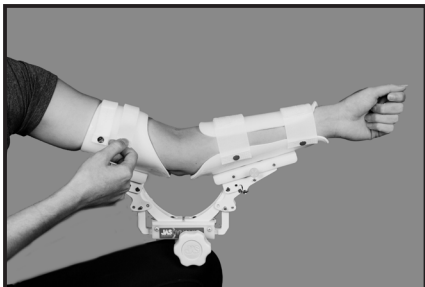
NOTE: The upper arm cuff is labeled.

STEP 3: MATCH DEVICE ANGLE WITH ARM

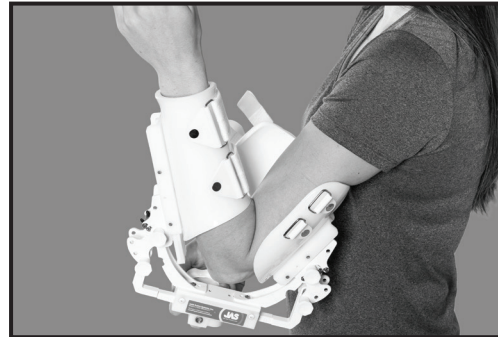


- Rotate the Therapy Knob to match the angle of your arm for desired stretch position.

STEP 4: SECURE STRAPS

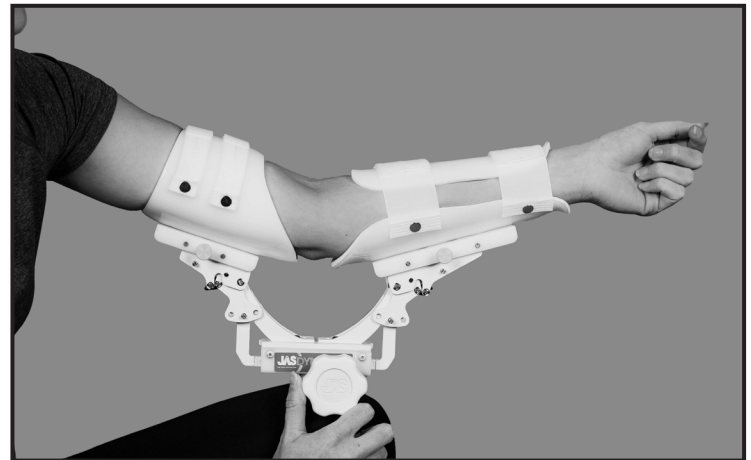


- Secure the straps so they are all comfortably snug.



NOTE: While working flexion, if the cuff bunches or the upper and lower cuffs collide, loosen the upper arm straps and move the upper arm cuff out of the way.

STEP 5: BEGIN THERAPY



- Begin treatment by rotating Therapy Knob as directed by your physician or therapist.

NOTE: If too much pressure, release pressure by rotating the Therapy Knob in the opposite direction.

- 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.



JAS DYNAMIC™

RECOMMENDED TREATMENT PROTOCOL

Wear the JAS Dynamic device while inactive, preferably while sleeping. If you are unable to sleep in the device, wear the device as long as possible during the day. Time spent wearing the device is the most important component in regaining range of motion.

STEP 1: Determine treatment tension: Position limb at end of active range of motion *before* putting the JAS Dynamic device on. Rotate the Therapy Knob until you feel spring tension/resistance. Continue to rotate the Therapy Knob until you feel a low intensity stretch.

STEP 2: Determine treatment time: Maximum treatment time should be established by the patient's physician or therapist. Start with 1-2 hours of wear time and build up to 6-8 hours of continuous use per day.

- If during the treatment session the stretch intensity significantly decreases, turn the Therapy Knob until you again feel spring resistance / low intensity stretch.
- Decrease tension if unable to wear for extended periods of time.

STEP 3: Removing JAS Dynamic Device: When your session is complete, turn the Therapy Knob in the opposite direction until the spring tension is disengaged, then remove the device.

IMPORTANT

If you experience a change in swelling, sensation, or skin irritation, 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.



Scan the QR Code for additional resources.



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