



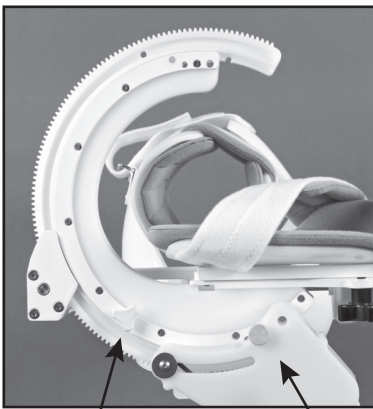
JAS DYNAMIC SHOULDER

DEVICE SETUP



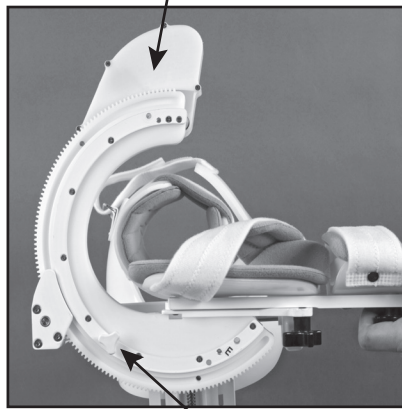
Right Device Shown

EXTERNAL ROTATION
Rotate Knob Counterclockwise



Pull-pin Spring Cartridge

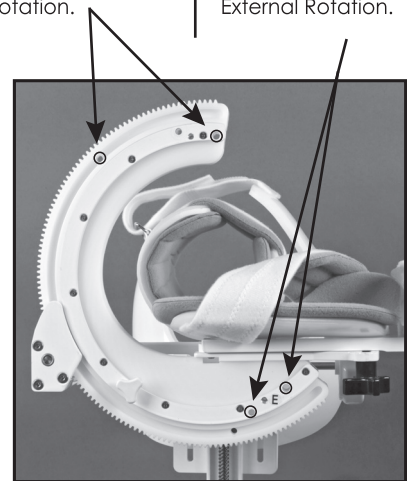
INTERNAL ROTATION
Rotate Knob Clockwise
Spring Cartridge



Pull-pin

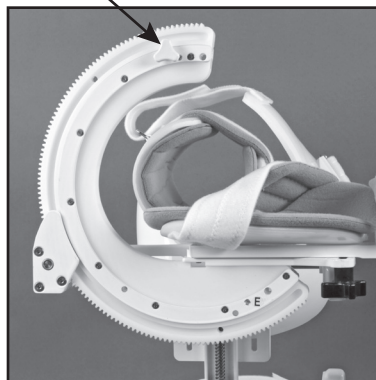
Spring Cartridge Pins go in the location shown below. The Spring Cartridge will be on the proximal side of the gear labeled with an "I" for Internal Rotation.

Spring Cartridge Pins go in the location shown below. The Spring Cartridge will be on the side of the gear labeled with an "E" for External Rotation.



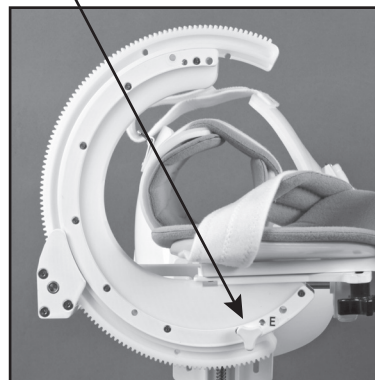
DYNAMIC LOCKOUT: This device is provided with a Pull-pin in the dynamic position. To lockout the dynamic feature, remove the Spring Cartridge and relocate the Pull-pin to one of the positions shown below.

Pull-pin



Neutral

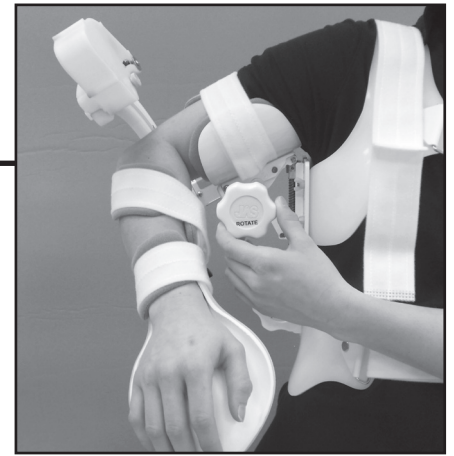
Pull-pin



Additional External Rotation



JAS DYNAMIC SHOULDER FITTING INSTRUCTIONS

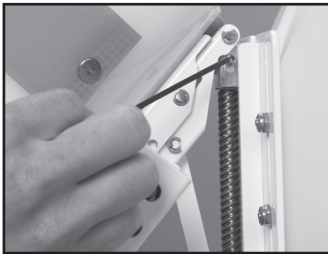


For best results, use an armless chair with a back. Make sure arm is relaxed in the arm support and the involved shoulder is not elevated or hiked.

DO NOT STAND OR WALK WHILE WEARING DEVICE

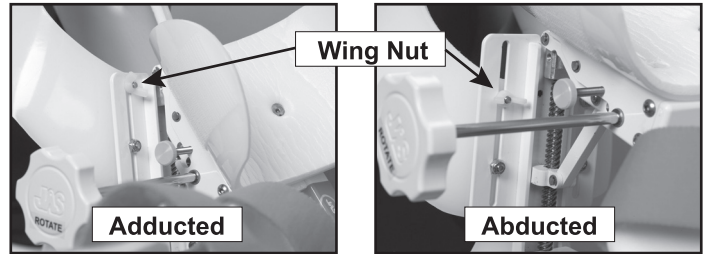
INITIAL SETUP (Prior to putting device on patient)

SCAPULAR ALIGNMENT



- Using the Allen Wrench provided, the device can be adjusted to align with the scapular plane.
- Loosen the Set Screw located near the top of the device, just under the top of the Bicep Cuff, on the back side of the device.
- Adjust the angle of the device, then retighten the set screw.

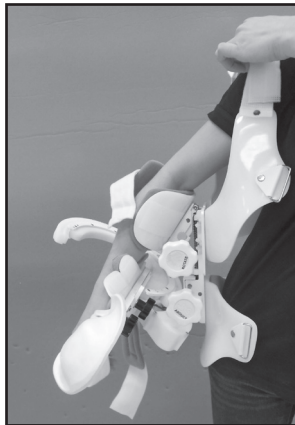
CHEST CUFF ADJUSTMENT



- Estimate the range of abduction the patient is able to achieve.
- Loosen the Wing Nut located at the top front of the device. Slide the Chest Cuff up or down, depending on the amount of abduction able to be achieved.

NOTE: Less abduction, Chest Cuff is upward in the slots. More Abduction, Chest Cuff is lower in the slots.

STEP 1: SLIDE DEVICE ONTO SHOULDER



- Slide arm through top shoulder strap and Bicep Cuff and rest it on arm support.



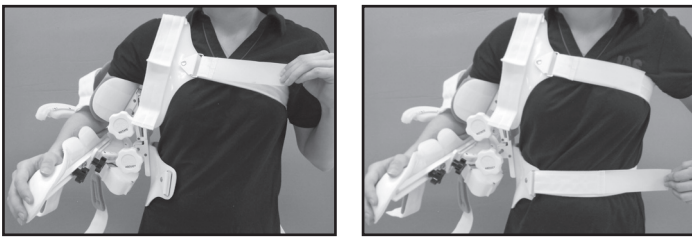
- Let shoulder strap rest on shoulder.

STEP 2: ALIGN DEVICE TO SHOULDER JOINT



- Pull shoulder strap to raise device so that fulcrum is approximately 1" below underarm.
- Make sure arm is relaxed and shoulder is not hiked when checking for proper height.

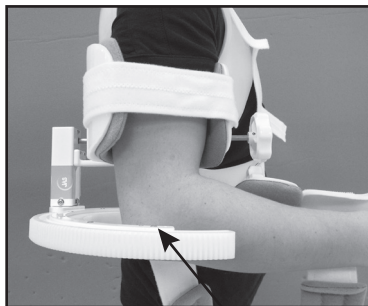
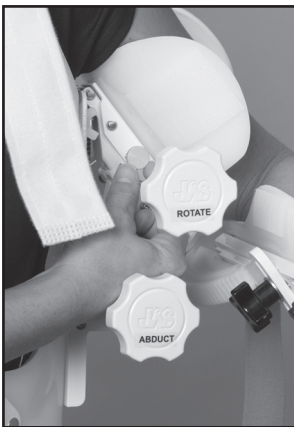
STEP 3: SECURE CHEST AND WAIST STRAP



- Feed straps through d-rings and secure comfortably snug.

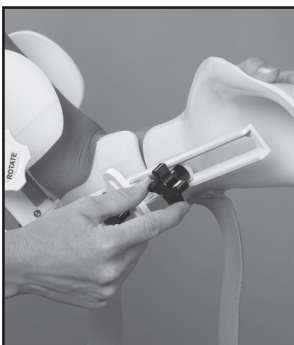
STEP 4: ADJUST LENGTH OF UPPER AND LOWER ARM SUPPORT

NOTE: Upper Arm Support length is correct when the center of the elbow sits in center of the gear.



Epicondyle

- To adjust Upper Arm Support length: loosen knob under the Bicep Cuff, slide end of support in or out to proper length, and retighten knob.



- To adjust Lower Arm Support length: loosen knob under the Hand Cuff, slide Hand Cuff in or out to proper length, and retighten knob.
- If patient is unable to flex or extend elbow to fit into device: loosen knob under the Forearm Cuff, pivot the Lower Arm Support to desired angle, and retighten knob.

STEP 5: SECURE ARM SUPPORT STRAPS



- Secure upper arm, forearm, and hand support straps comfortably snug.

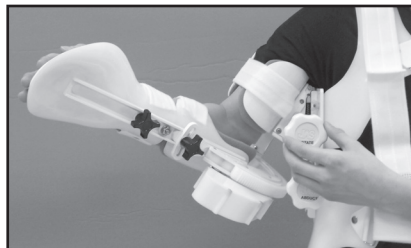
STEP 6: ADJUST ABDUCTION POSITION



- Rotate Abduction Knob to desired position of shoulder abduction, as directed by doctor or therapist.

NOTE: As internal rotation increases, abduction must be increased so that forearm can clear body.

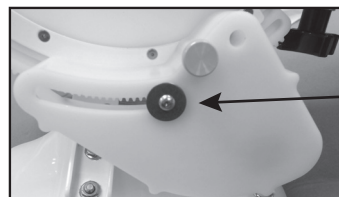
STEP 7: BEGIN THERAPY



External Rotation



Internal Rotation



- Begin treatment protocol by rotating Therapy Knob to engage dynamic force.

When screw is at the end of slot, maximum dynamic force is being applied.

- Follow treatment protocol on next page.



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.



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