



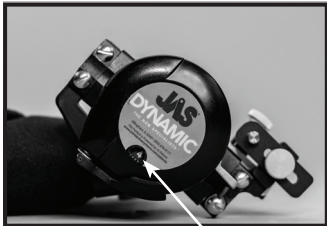
# JAS DYNAMIC™ TOE DORSIFLEXION

## FITTING INSTRUCTIONS

It is best to carry out your JAS therapy session in a comfortable seated or lying position. The device can rest on the floor or propped up on a stool with a pillow for support.

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

### STEP 1: REDUCE TENSION TO ZERO



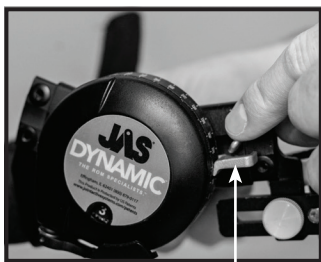
Tension Setting

- Verify the Tension Setting is at zero.
- If not at zero, flip out the Tension Adjustment Lever and rotate in the opposite direction of the arrow next to the Tension Adjustment Lever until the Tension Setting is at "0".  
**Note: If the numbers are getting larger, rotate the Tension Adjustment Lever in the opposite direction.**



- Fold the Tension Adjustment Lever back into position.

### STEP 2: LOCK INTO POSITION



Lock Lever

- Lock the device near the patient's comfortable end range or at an angle that makes the device easy to put on.
- To engage the Lock Lever, depress the Lock Lever while holding the device at the desired angle.

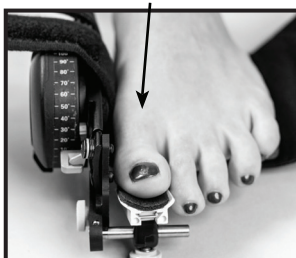


Safety

- Rotate the Safety until it engages in the Lock Lever.

### STEP 3: ALIGN DEVICE WITH CENTER OF TOE JOINT

MTP Joint



- Position foot on foot plate and align MTP Joint with round pad on gear box.

(In picture, the foot is placed on top of straps for better visibility.)



### STEP 4: SECURE STRAPS

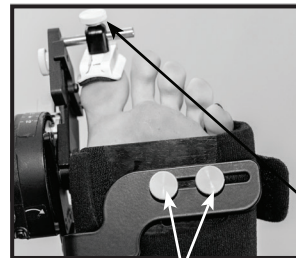


- Secure heel strap, keeping the MTP Joint in alignment with round pad on gear box.



- Next, secure straps across top of foot.

### STEP 5: ADJUSTMENTS



Width Adjustment

- **Width:** Loosen knobs on underside of foot plate. Slide the base plate in or out as needed so there is adequate space between the gear box and the side of the toe joint.



- **Varus/Valgus Toe:** Loosen thumb screw located under the toe pad and slide inward or outward to adjust. The toe pad should be located directly under the toe.

### STEP 6: BEGIN THERAPY



- **Toe Length:** Loosen thumb screw located towards the outside of the device to adjust. The toe pad should be located directly under the toe.

- Unlock the Lock Lever.
- Follow treatment protocol as outlined on the JAS Dynamic Treatment Protocol sheet or as directed by your physician or therapist.