

JAS[®] SPS ANKLE

FITTING INSTRUCTIONS

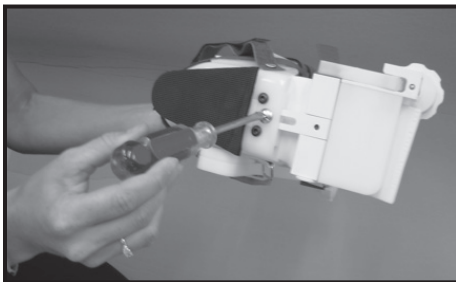
It is best to carry out your JAS therapy session in a comfortable seated position. The device can rest on the floor or propped up on a stool with a pillow to give support.

DO NOT STAND OR WALK WHILE WEARING DEVICE

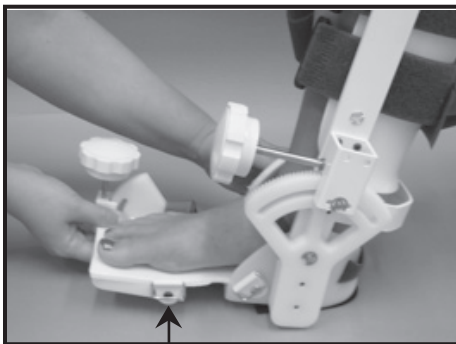


STEP 1: ADJUST LENGTH OF FOOT PLATE

NOTE: This is a one-time adjustment and should be done at initial JAS fitting.



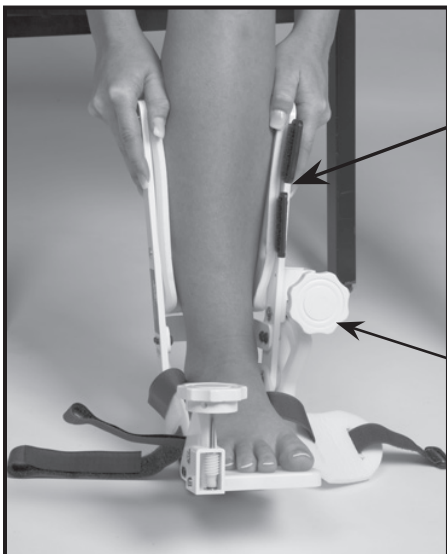
- Loosen screw on bottom of foot plate.
- Place foot firmly in device, making sure back of heel is in contact with heel cuff.



Align

- Toes should not extend beyond foot plate. The axis for toe extension should align across base of toes, at the joint line.
- Slide forefoot piece to adjust to proper length.
- Remove foot from device. Retighten screw.

STEP 2: PLACE FOOT IN DEVICE & ADJUST START ANGLE



- Grasp and spread both calf upright struts, and step foot into device.
- Make sure heel is firmly down and back in device, with no heel lift or gapping.
- Rotate the ankle Therapy Knob to adjust the device angle until it matches your comfortable position of ankle motion.

STEP 3: SECURE ANKLE STRAP



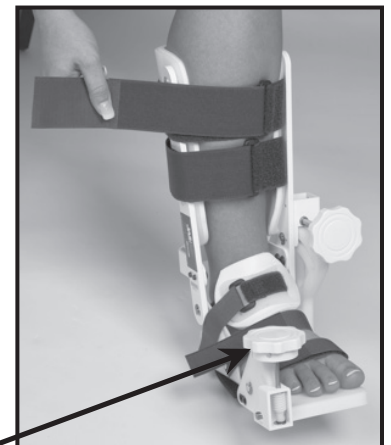
- Remove ankle strap from its attachment on side of device. Feed through pad and d-ring.
- Pull strap so that the white pad is snug across front of foot / ankle. Secure strap on tab.
- If necessary, adjust the white pad by sliding it side to side along the strap, so that it is centered over the front of the foot.

STEP 4: SECURE FOREFOOT STRAPS



- Secure forefoot strap comfortably snug.
- Secure strap across end of foot comfortably snug.

STEP 5: SECURE CALF STRAPS



- Feed calf straps through d-rings, and secure comfortably snug.
- Begin treatment as outlined following the JAS SPS Protocol or as directed by your physician or therapist .

NOTE: Toe extension therapy knob can be used to apply a plantar fascia stretch.



SPS[™] RECOMMENDED TREATMENT PROTOCOL

Remove the JAS SPS device if you experience pain at any time and contact your Joint Active Systems sales consultant.

STEP 1: Rotate the therapy knob until you feel a gentle, pain-free stretch.



STEP 2: Hold the stretch intensity for 5 minutes. Before turning the knob, reassess stretch level:

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

STEP 3: Hold the 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 initiate 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. Gradually increase to 30-minute sessions over a two week period, as tolerated.

STEP 4: When the 30-minute session is complete, turn the knob in the opposite direction until the stretch is relieved, then remove the 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: Evaluate your stretch sensation every 5 minutes **before** adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, leave in the same position. Aggressive or painful levels of stretch will not achieve the desired result of permanent tissue lengthening 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. 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 and some turnbuckle splints due to the known increased risk of skin irritation and breakdown. 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 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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