

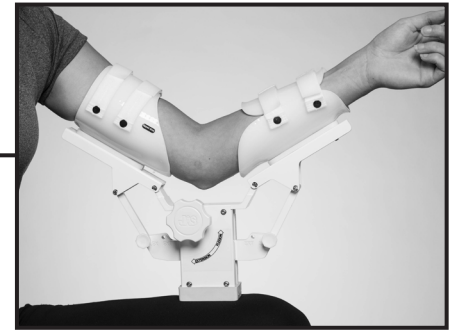


ELBOW FITTING INSTRUCTIONS

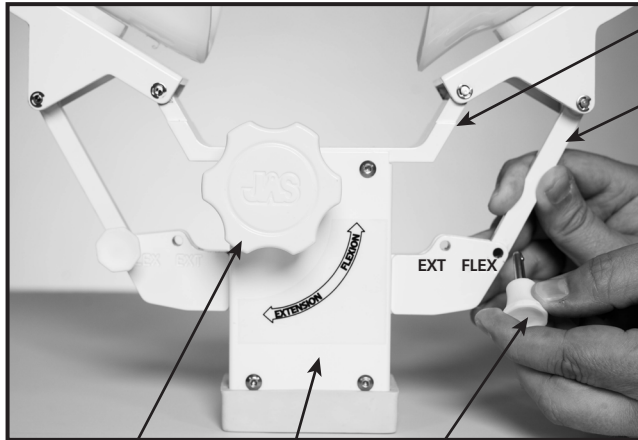
FITTING INSTRUCTIONS

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

DO NOT STAND OR WALK WHILE WEARING DEVICE



STEP 1: DETERMINE DIRECTION



CUFF ATTACHMENT ARM

DRIVE ARM

- Remove the Pull-pins.
- Align the Drive Arms to the flexion or extension holes on both sides of the Tower.

NOTE: The holes are labeled "EXT" for extension or "FLEX" for flexion.

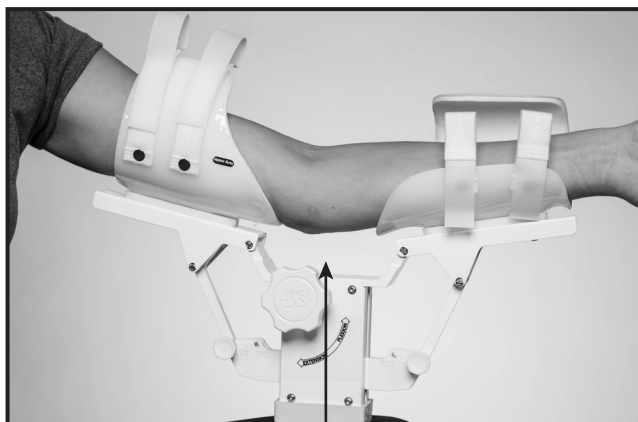
- Insert the Pull-pins in the appropriate holes.

NOTE: Make sure the Pull-pins are all the way through both the Drive Arm and Tower.

THERAPY KNOB TOWER PULL-PIN



STEP 2: PLACE ARM IN DEVICE



- Loosen all straps.
- Place the device under your arm and align so the Tower is centered under the elbow.

NOTE: The cuff that goes over your bicep is labeled with an "upper arm" sticker. The Therapy Knob should be on the inside.

ALIGN ELBOW OVER CENTER OF TOWER

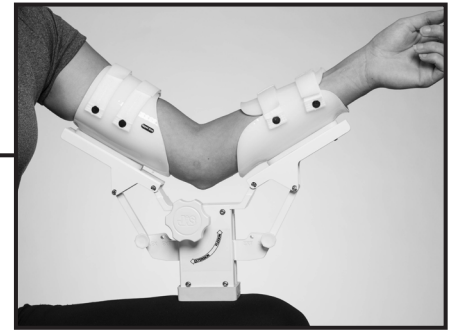


ELBOW

FITTING INSTRUCTIONS

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

DO NOT STAND OR WALK WHILE WEARING DEVICE

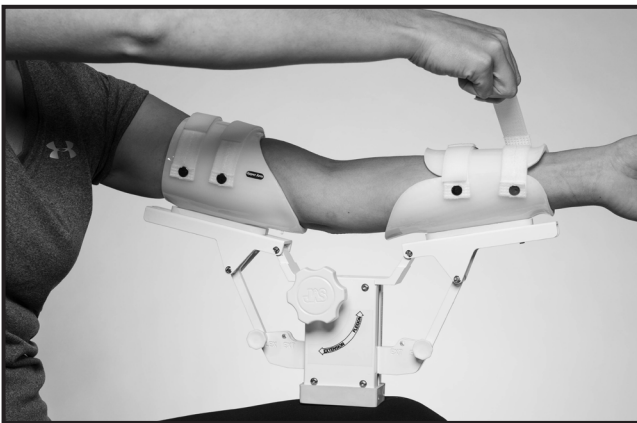


STEP 3: ADJUST DEVICE ANGLE



- With the Tower centered under the elbow, rotate the Therapy Knob until cuffs meet your upper arm and forearm.

STEP 4: SECURE STRAPS & BEGIN THERAPY



- Secure the straps so they are all comfortably snug.
- Begin treatment by rotating the Therapy Knob as directed by your physician or therapist.

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



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



RECOMMENDED TREATMENT PROTOCOL

These are guidelines only. 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 Therapy Knob, reassess stretch level:
1. If stretch intensity has decreased, rotate the Therapy 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 Therapy 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 Therapy 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. 4+ hour sessions 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.



Scan the QR Code for additional resources.



Joint Active Systems, Inc.

2600 South Raney • Effingham, IL 62401

TEL: (217) 342-3412 or (800) 879-0117

Email: info@jointactivesystems.com

www.jointactivesystems.com

Covered by one or more US patents. Other patents pending.

Licensed in the State of Illinois.