

## FITTING INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage, return information and answer many questions.

It is best to apply the JAS Ankle device while seated; you may sit or lie down to carry out your JAS treatment sessions, but you should not be standing or walking. Your doctor or therapist will determine if you should have your knee straight or bent while performing your JAS therapy.



### STEP 1: ADJUST LENGTH OF FOOT PLATE

**NOTE:** This is a one-time adjustment and should be done at initial JAS fitting by your therapist or JAS representative.

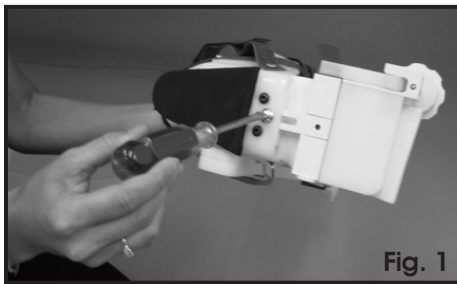


Fig. 1

#### Fig. 1 & 2

- Loosen screw on bottom of foot plate.
- Place foot in device, making sure heel is fully back in device and seated firmly in heel cup.
- 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 and tighten screw.

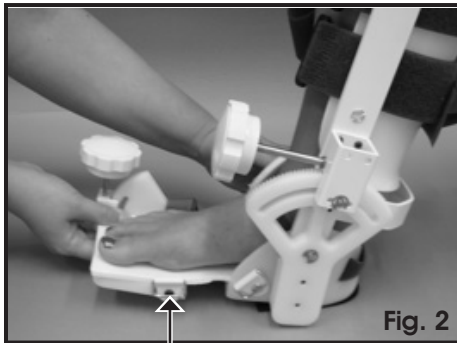
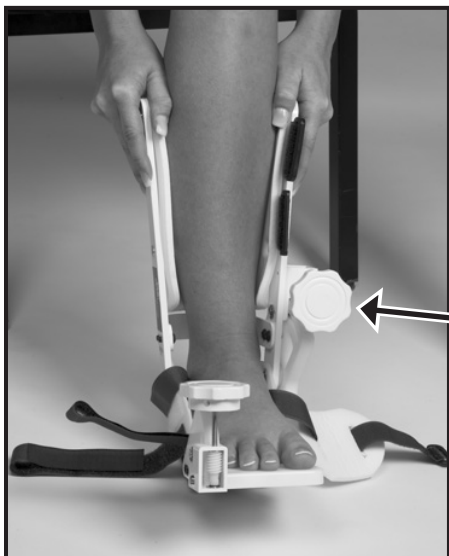


Fig. 2

Align

### STEP 2: PLACE FOOT IN DEVICE AND 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: APPLY ANKLE STRAP



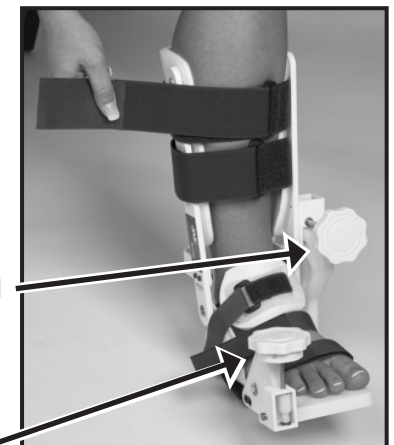
- Remove ankle strap from its attachment on side of device. Feed through pad and D-ring.
- Pull strap so that the white pad is snug across front of foot / ankle and secure strap back on tab.
- If necessary, adjust the white pad by sliding it side to side along the strap, so that it is centered over the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

### STEP 4: SECURE ON FOREFOOT



- 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 protocol by rotating therapy knob as outlined on back of page.
- **NOTE:** Toe extension therapy knob can be used to apply a plantar fascia stretch.

## RECOMMENDED

# JAS<sup>®</sup> TREATMENT PROTOCOL

**STEP 1:** Rotate therapy knob until a gentle, pain-free stretch is felt. Level 2-3 on stretch intensity scale.



**STEP 2:** Hold stretch position for 5 minutes. Before turning knob, re-assess stretch level:

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

**STEP 3:** Hold 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 are initiating 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. If so, gradually increase to 30-minute sessions over a two week period, as tolerated.

**STEP 4:** When 30-minute session is complete, turn knob in opposite direction until stretch is relieved, then remove 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:

You must evaluate stretch sensation after each 5-minute stretch period, before adjusting the Range of Motion (ROM) on your JAS device. If stretch intensity has not decreased, it is incorrect to turn further into the ROM. You will not achieve a desired result of permanent tissue stretch.

Aggressive or painful levels of stretch will not be therapeutic, and will yield counterproductive results - increased stiffness, swelling or pain, and little or no gains in joint ROM.

### NUMBER OF SESSIONS PER DAY

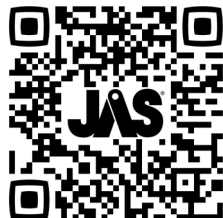
Three 30-minute sessions, per direction, per day, are suggested for optimal results. Begin with one 30-minute session per day and add sessions every 3-5 days as tolerated up to 3 sessions per direction per day.

**WARNING:** JAS SPS devices are NOT designed to be worn overnight or for prolonged, continuous periods of time. 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 splints or turnbuckle splints. This is due to the known increased risk of skin irritation and / or breakdown associated with any prolonged splinting regime. 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 at **(800) 879-0117** for technical assistance and any questions regarding your JAS device. **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 QR  
Code for  
online  
instructions.



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