

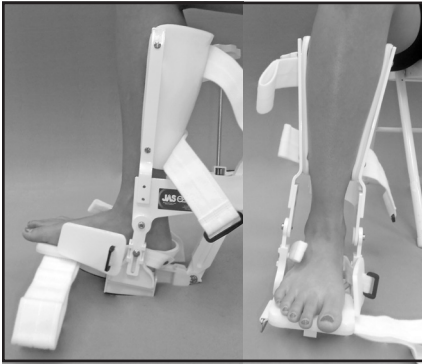
## FITTING INSTRUCTIONS

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 WALK OR STAND WHILE WEARING DEVICE\***

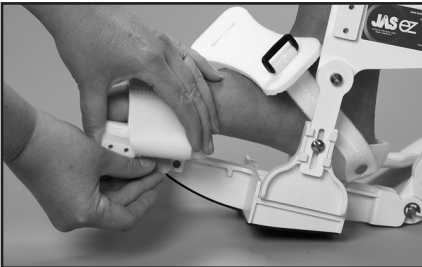


### STEP 1: PLACE FOOT IN DEVICE



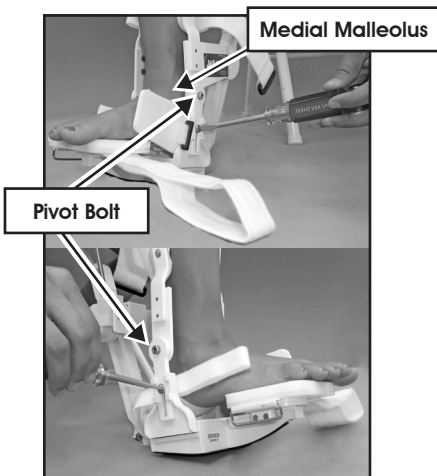
- Loosen all straps
- Adjust device angle to match your comfortable end range.
- Place foot firmly in device making sure back of heel is in contact with heel cuff.

### STEP 2: ADJUST FOR FOOT LENGTH



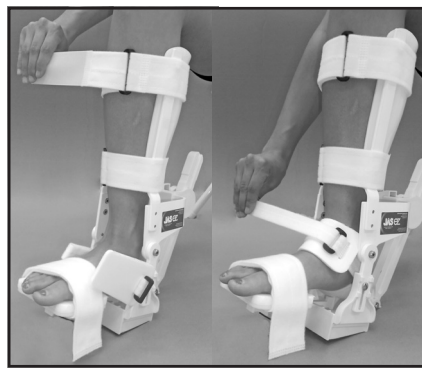
- Loosen knob on side of foot plate.
- Adjust foot plate so the foot plate strap lays across the forefoot just above the toes.
- Tighten knob.

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



- Using a flat screw driver, loosen the screws located on both sides of the device.
- Raise or lower the device so the pivot bolt on side of device is located just below the Medial Malleolus (The bony protrusion located on inside of the ankle).
- Tighten screws.

### STEP 4: SECURE STRAPS



- Secure all straps so they are all comfortably snug.
- Be sure that the heel is resting against the bottom and back of the heel cuff.

### STEP 5: BEGIN THERAPY



- **Dorsiflexion:** Rotate therapy knob "Clockwise".
- **Plantarflexion:** Rotate therapy knob "Counter-Clockwise".
- Begin treatment as outlined following the JAS EZ Treatment Protocol or as directed by your physician or therapist.

# JAS<sup>®</sup> EZ GUIDELINES FOR USE

JAS EZ Turnbuckle orthoses are custom fabricated per individual patient. A series of specific measurements are taken so that the rigid polyethylene cuffs can be molded and cut to precisely fit the unique anatomic dimensions and anomalies of a patient's extremity. This is the only way to assure accurate fit and minimize potential for tissue irritation.

JAS EZ Turnbuckle orthoses can be prescribed by the practitioner in a variety of wearing protocols and applications. JAS EZ orthoses can be used as a Turnbuckle or a positional supportive brace as directed by the prescribing physician. Practitioners have the flexibility to prescribe shorter or longer term wearing times and treatment protocols. All programs should be monitored for progress by the supervising practitioner and managed accordingly.

## JAS<sup>®</sup> EXEMPLARY TREATMENT PROTOCOL

**NOTE:** The following protocol has been utilized with successful clinical outcomes. However, the wearing schedule, which includes duration and frequency of use, is to be ultimately determined by the prescribing physician or supervising practitioner. Should your prescribing physician or therapist recommend a different protocol please follow his or her instructions.

**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:** 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. Wait 45-60 minutes between each JAS treatment session.

**CAUTION:** If you experience a change in swelling, skin integrity, numbness or irritation to your underlying condition when using the JAS EZ 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.

JAS Representative

Contact Number



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