

# JAS<sup>®</sup> e·Z ELBOW DEVICE

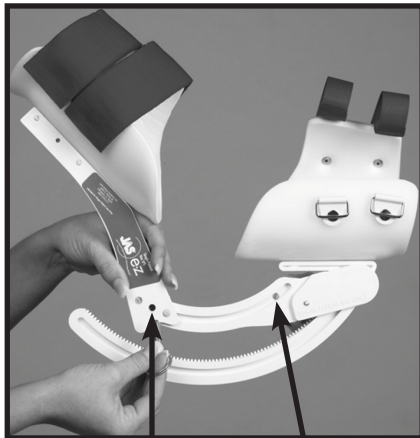
## FITTING INSTRUCTIONS

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

**NOTE:** It is best to carry out your JAS therapy session in a seated and relaxed position. The base of the device can rest comfortably on your lap or to your side. You should not be up walking while wearing the device or during a JAS treatment session.



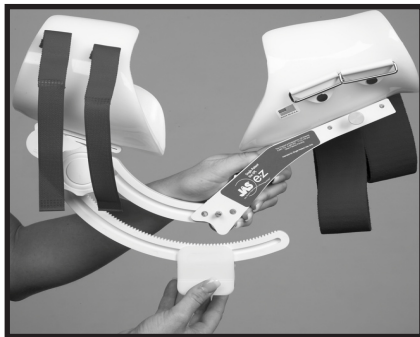
### STEP 1: INITIAL FLEXION / EXTENSION PIN PLACEMENT



Flexion      Extension

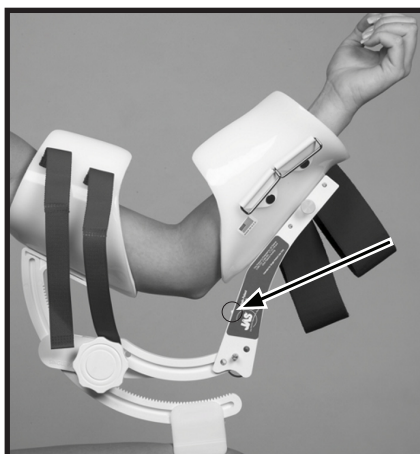
- Prior to each JAS session, pull pin, slide drive arms to flexion or extension hole setting, and replace pin.

### STEP 2: PLACE ARM IN DEVICE & ADJUST TO START POSITION FOR JAS SESSION



- Attach clip-on stand to base of motion arm.

**NOTE:** Clip-on stand is used only when fitting device; remove before initiating JAS therapy sessions.



- Place arm in device; align tip of your elbow over the fulcrum marker (see arrow). Therapy knob should be on the inside.

**NOTE:** Forearm position in cuff (palm rotated up or down) is optional. Place forearm in position of comfort.

### STEP 3: SECURE UPPER ARM CUFF STRAPS



- Feed velcro straps through D – rings on upper arm cuff and secure so that cuff fits comfortably snug.

### STEP 4: ADJUST POSITION OF FOREARM CUFF & SECURE STRAPS



- Loosen grey knob under forearm cuff, and slide cuff forward or back to comfortable position. Tighten knob.



- Secure velcro straps on forearm cuff comfortably snug.
- Remove clip-on stand. Begin treatment by rotating therapy knob as outlined on back page.

### IMPORTANT:

When working in flexion at angles greater than 95°, you may experience bunching in upper cuff or colliding of upper and lower arm cuffs, preventing further flexion motion. To remedy either problem, loosen upper arm straps and move upper cuff out of the way during JAS session.



# RECOMMENDED

# JAS® EZ 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.

### TECHNICAL SUPPORT

Call JAS toll free at (800) 879-0117 or technical assistance and any questions regarding your JAS device.

JAS Representative

Contact Number

#### 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](http://www.jointactivesystems.com)

Covered by one or more US patents. Other patents pending

