

JAS ELBOW

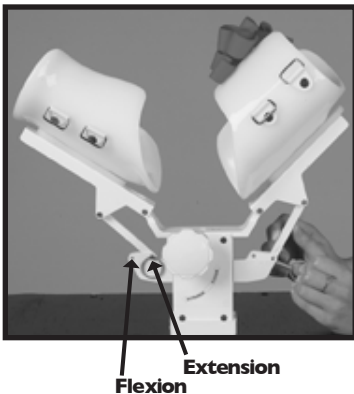
FITTING INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage, return information 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 should rest comfortably on your lap or on the side of your chair. You should not be up walking while wearing the device or during a JAS treatment session.

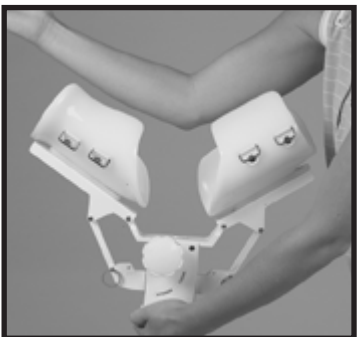


STEP 1: INITIAL FLEXION / EXTENSION PIN ADJUSTMENT



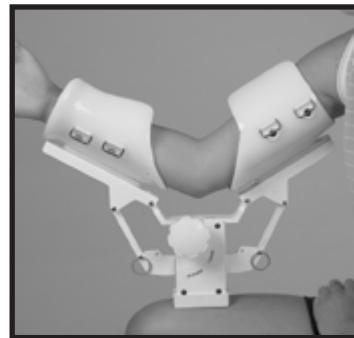
- Prior to each JAS session: pull pins, align drive arms to flexion or extension holes on both sides of tower, and replace pins to secure drive arms in place.

STEP 2: ADJUST DEVICE TO START POSITION FOR JAS SESSION



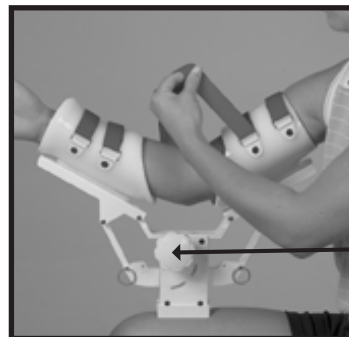
- Position your elbow as far as you can, without straining, into the direction you are stretching
- Rotate the therapy knob on the JAS device so that the angle of the device matches the angle of your elbow.

STEP 3: PLACE ARM IN DEVICE



- Position arm in device; align the tip of your elbow over the middle of the tower. The 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 4: SECURE UPPER AND LOWER CUFFS



- Secure velcro straps on each cuff so that they fit comfortably snug.
- Begin treatment protocol 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.

RECOMMENDED

JAS 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)

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.

Wait 45-60 minutes between each JAS treatment session

TECHNICAL SUPPORT & RETURN INFORMATION

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.

Thank you for choosing JAS.

JAS Representative

Contact Number

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



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