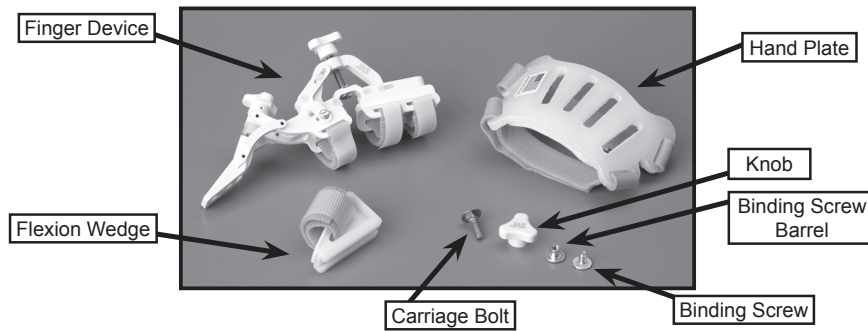


FITTING INSTRUCTIONS



NOTE: The JAS Finger Device can be used on any of all four fingers by aligning the device to the desired finger and attaching the device to hand plate. To work multiple fingers one can attach additional devices, or relocate the device to the desired finger to be stretched.

- Parts included.



**STEP 1:
ATTACH DEVICE TO HAND PLATE**

NOTE: Correct hand plate application is with the straps to the "pinky finger" side of the hand.



Fig. 1

Figure 1

- Insert the binding screw barrel into the bottom side of the selected hand plate slot.

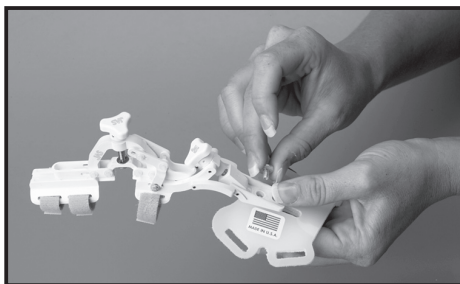


Fig. 2

Figure 2

- Align top hole on finger device over binding screw barrel.
- Secure finger device to hand plate with second half of binding screw. Do NOT fully tighten screw at this time. You will tighten during Step 3.

IMPORTANT: Be sure to attach device in the correct direction, so it extends from the distal end of the hand plate.

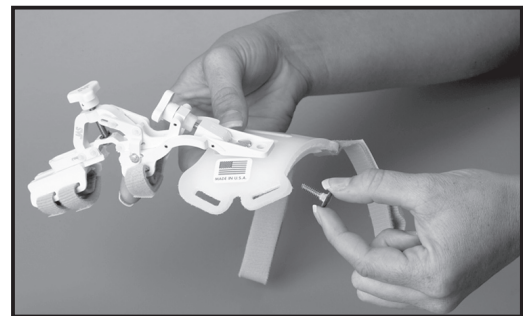


Fig. 3

Figure 3

- Insert carriage bolt into bottom side of slot and up through bottom hole of Finger Device.



Fig. 4

Figure 4

- Thread knob onto carriage bolt. Do NOT fully tighten bolt at this time. You will tighten it during Step 3.

**STEP 2:
ATTACH HAND PLATE TO BACK OF HAND**

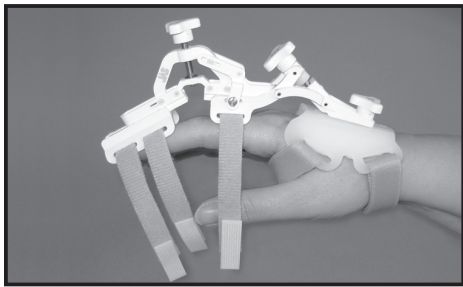


Fig. 5

- Center hand plate over back of hand, making sure it does not lie over MP joints.
- Feed hand plate straps through slots on the thumb side of splint and secure.

**STEP 3:
APPLY DEVICE TO AFFECTED FINGER**

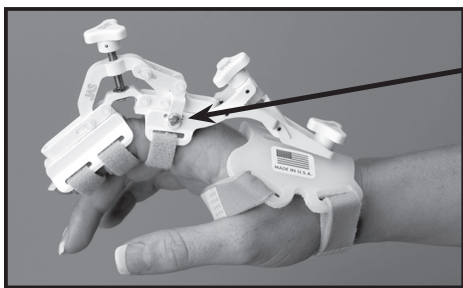


Fig. 6

Figure 6

- Align device so that MP and PIP joints are centered under corresponding device axis.
 - To align axis, device can be moved forward or back by sliding it along the slot in the hand plate.
- NOTE:** PIP joint axis position can be further adjusted by changing the screw hole positions (see arrow, figure 6) on either side of the proximal drive arm.
- Tighten binding screw and knob to prevent device from sliding along slot during use.
 - Secure finger straps.

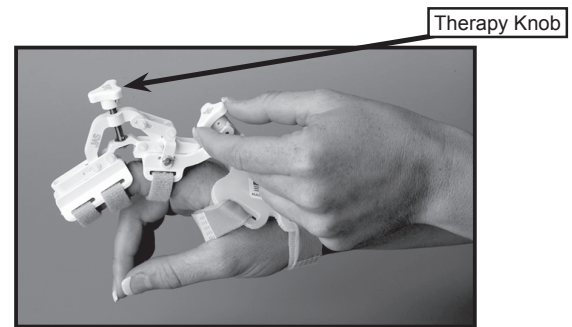


Fig. 7

Figure 7

- Adjust MP joint to desired angle by rotating MP knob. (Adjustable from 0° - 85°)
- Begin Treatment protocol by rotating therapy knob as outlined on back page.

ATTACHING FLEXION WEDGE CUFF

The accessory flexion wedge cuff provides an additional 25° of PIP flexion, and replaces the distal cuff of the JAS device. **PLEASE NOTE:** When flexion wedge is in place, the device will be limited in extension ROM by 25°. If working in both PIP flexion and extension to regain ROM, you must change to the appropriate distal cuff for each session.



**STEP 1:
REMOVE PROXIMAL CUFF**

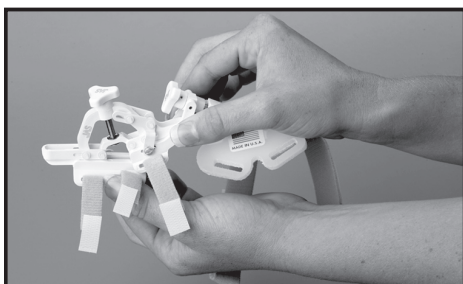


Fig. 1

Figure 1

- Adjust PIP ROM to maximum extension position. Open proximal cuff straps. Slide distal cuff towards center of device, and remove from distal drive arm.

**STEP 2:
ATTACHING FLEXION WEDGE CUFF**

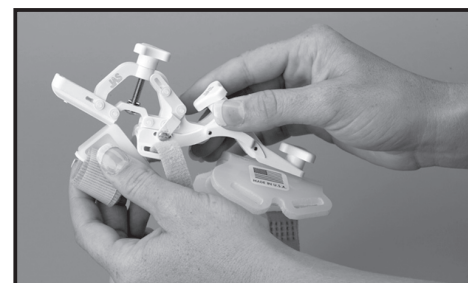


Fig. 2

Figure 2

- Slide extension wedge cuff onto distal drive arm.

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

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

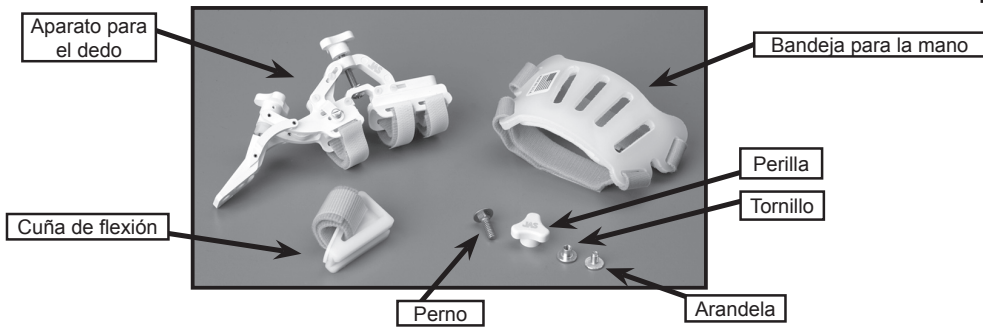


INSTRUCCIONES PARA CALZARLO



NOTA: El Aparato para Dedo JAS puede ser usado en cualquiera de los cuatro dedos, alineándolo en el dedo a tratar, y sujetándolo a la bandeja para la mano. Para ejercitar varios dedos se pueden agregar más aparatos, o ir cambiando el mismo de un dedo al otro.

- Partes incluidas.



PASO 1: COLOQUE EL APARATO EN LA BANDEJA PARA MANO

NOTA: Las correas de la bandeja para mano deben estar hacia el lado del meñique.

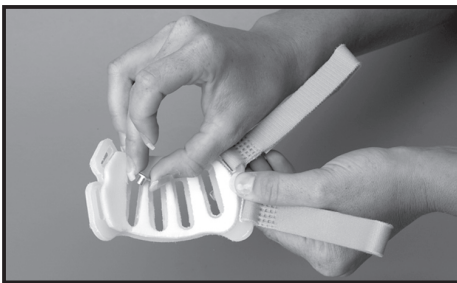


Fig. 1

Figura 1

- Coloque el tornillo en la parte de abajo de la ranura seleccionada.

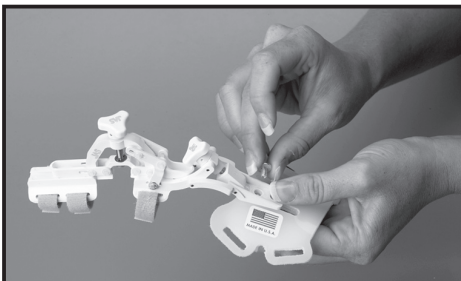


Fig. 2

Figura 2

- Alinee el agujero del aparato para el dedo sobre el tornillo.
- Asegure el Aparato para el Dedo a la bandeja para mano con la segunda parte del tornillo. Todavía NO ajuste del todo el tornillo. Eso lo hará en el Paso 3.

IMPORTANTE: Asegúrese de poner el aparato en la posición correcta, de tal forma que se extienda desde el borde de la bandeja de mano.

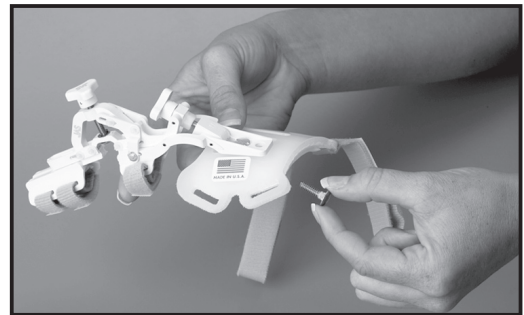


Fig. 3

Figura 3

- Coloque el perno en el agujero del Aparato para el Dedo, desde abajo hacia arriba.



Fig. 4

Figura 4

- Coloque la perilla sobre el perno. Todavía NO ajuste del todo el perno. Eso lo hará en el Paso 3.

**PASO 2:
COLOQUE LA BANDEJA DE MANO EN EL
REVERSO DE LA MANO**

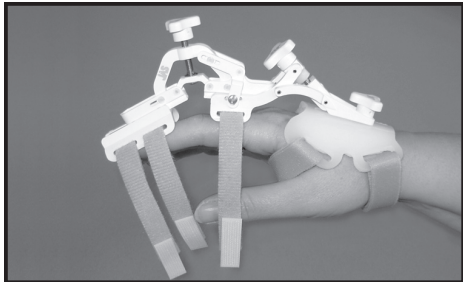


Fig. 5

- Centre la bandeja de mano sobre el reverso de la mano, asegurándose que no se apoye sobre las articulaciones MCF.
- Pase las correas de la bandeja de mano a través de las ranuras de la tablilla en el lado del pulgar, y ajústelas

**PASO 3:
COLOQUE EL APARATO EN EL DEDO A TRATAR**

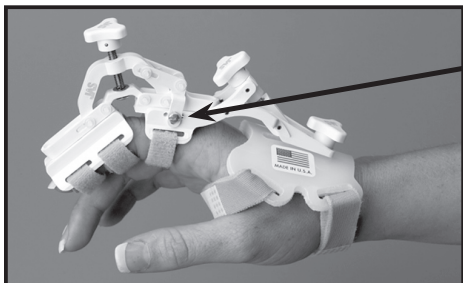


Fig. 6

CONTINUA →

Figura 6

- Alinee el aparato para que las articulaciones MCF y PIP estén centradas bajo el eje correspondiente.
- Para alinear el eje, puede mover el aparato hacia delante o hacia atrás, deslizándolo por la ranura en la bandeja de mano.

NOTA: La posición del eje de la articulación PIP se puede ajustar más, cambiando la posición de los agujeros para el tornillo (ver flecha, figura 6) a cada lado del brazo del aparato para dedo.

- Ajuste la perilla y el perno para que el aparato no se deslice durante el uso.
- Asegure las correas al dedo.

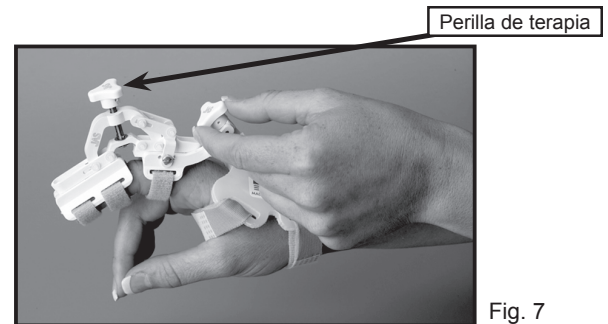


Fig. 7

Figura 7

- Ajuste la articulación MCF al ángulo deseado, rotando la perilla MCF. (Ajustable de 0 a 85 grados.)
- Comience el tratamiento rotando la perilla de terapia según se detalla en el reverso.

PARA AGREGAR LA CUÑA DE FLEXIÓN

La cuña de flexión provee una flexión adicional PIP de 25 grados, y reemplaza el puño distal del aparato JAS. NOTA: Cuando la cuña de flexión está colocada, la extensión CDM (Campo de Movimiento) del aparato estará limitada a 25 grados. Si está haciendo flexiones y extensiones PIP para recuperar CDM, debe cambiar al puño distal apropiado para cada sesión.



**PASO 1:
RETIRE EL PUÑO PROXIMAL**

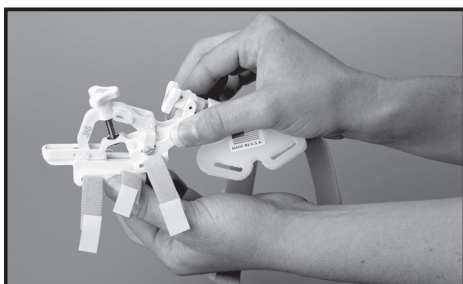


Fig. 1

Figura 1

- Ajuste el CDM PIP a la posición máxima de extensión. Abra las correas del puño proximal. Deslice el puño distal hacia el centro del aparato, y quítelo del brazo de la unidad distal.

**PASO 2:
COLOQUE LA CUÑA DE FLEXIÓN**

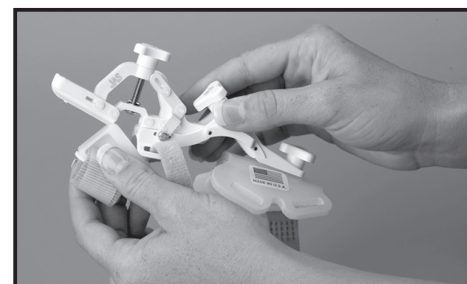


Fig. 2

Figura 2

- Deslice la extensión de la cuña de flexión en el brazo de la unidad distal.