

JAS[®] ez KNEE EXTENSION

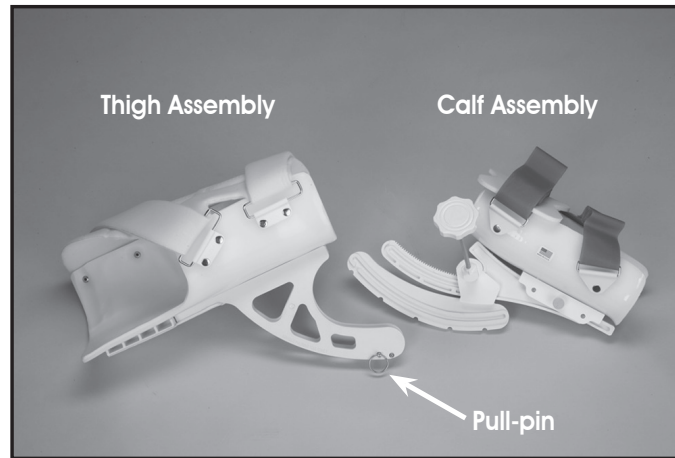
ASSEMBLY AND FITTING INSTRUCTIONS

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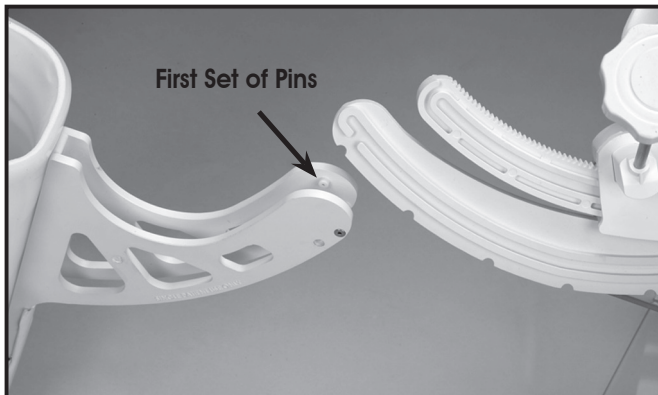
ASSEMBLY INSTRUCTIONS

PARTS LIST



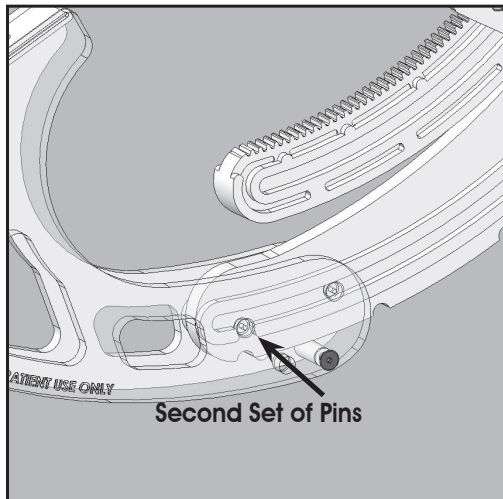
- Remove Pull-pin from Thigh Assembly.

STEP 1:



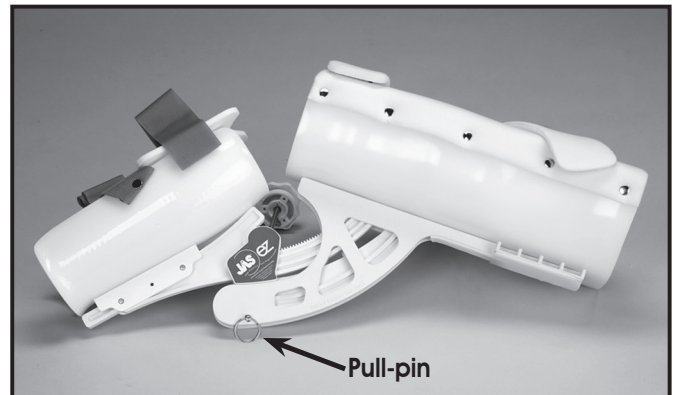
- Slide 1st set of pins on Thigh Assembly into the groove on Calf Assembly.

STEP 2:



- Hook end of Calf Assembly over the second set of pins on Thigh Assembly.

STEP 3:



- Slide Thigh Assembly completely onto Calf Assembly.
- Replace Pull-pin.

JAS[®] EZ KNEE EXTENSION

FITTING INSTRUCTIONS

It is best to carry out your JAS E-Z Knee Extension sessions in a seated position, with a foot rest under your calf for support and comfort. If you choose to do so lying down, place padded support (pillow, towel roll, etc) under your calf and ankle during use.

STEP 1:

INITIAL SET-UP

CHOOSING & ADJUSTING PULL-PIN SETTING

- There are five pull-pin settings, which allow the E-Z Knee to move through five arcs of motion.
 - 1 moves from 48° flexion to 14° flexion.
 - 2 moves from 38° flexion to 4° flexion.
 - 3 moves from 22° flexion to 12° hyperextension.
 - 4 moves from 10° flexion to 24° hyperextension.
 - 5 moves from 4° hyperextension to 38° hyperextension.
- Before fitting device, choose the setting that is closest to your comfortable end range of knee extension.

NOTE: Most patients will begin therapy in setting 1 or 2.

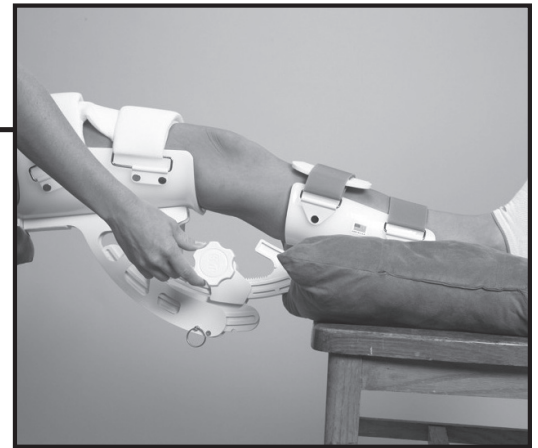
ADJUSTING PULL-PIN SETTING IF DEVICE REACHES MOTION LIMIT



- Remove device from leg.
- Remove the pull-pin.

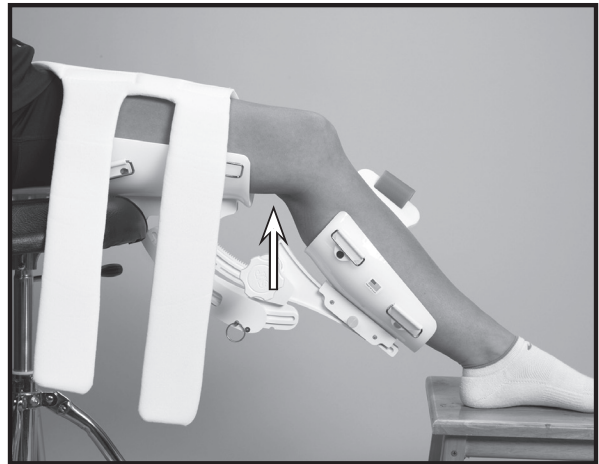


- Slide the device apart until the next hole on Calf Assembly aligns with the hole on Thigh Assembly. Re-insert pull-pin.



STEP 2:

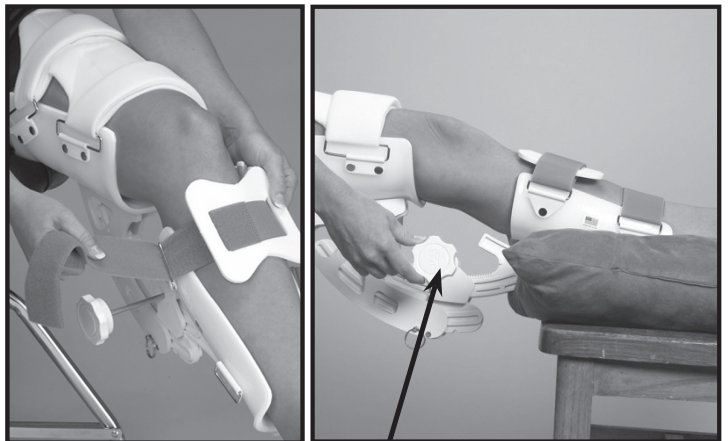
PLACE DEVICE UNDER THIGH AND CALF



- Support leg with a foot stool or other means.
- Place device under leg, with d-rings located on inner side of thigh.
- Slide device up so that your entire thigh and buttock rest on thigh cuff.
- Adjust position of device so that the gear box is centered directly under knee joint.

STEP 3:

SECURE THIGH AND CALF CUFF STRAPS



- Feed thigh and calf cuff straps through d-rings, pull back until cuffing is comfortably snug and secure.
- Begin treatment session by rotating therapy knob, following protocol outlined on back of page.

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.

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 or technical assistance and any questions regarding your JAS device..

JAS Representative

Contact Number



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KneeExt-ez Rev 10/11