

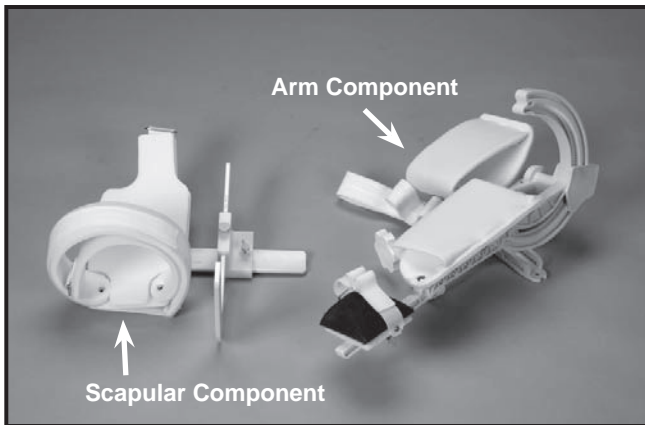
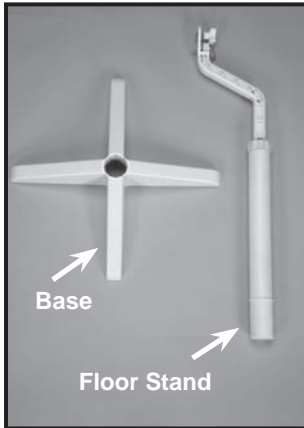
JAS[®] ez SHOULDER

ASSEMBLY INSTRUCTIONS

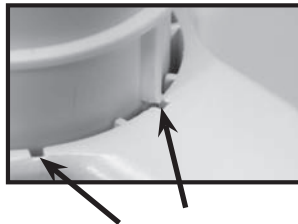
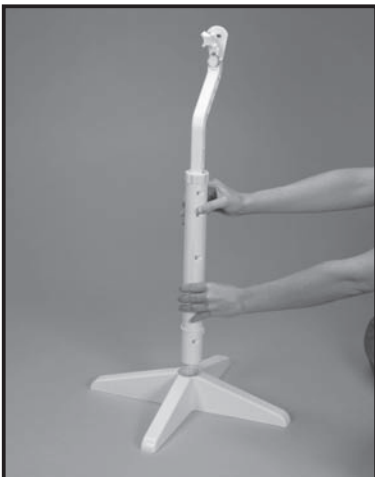


A few simple assembly steps must be followed before using the JAS Device.

PARTS LIST

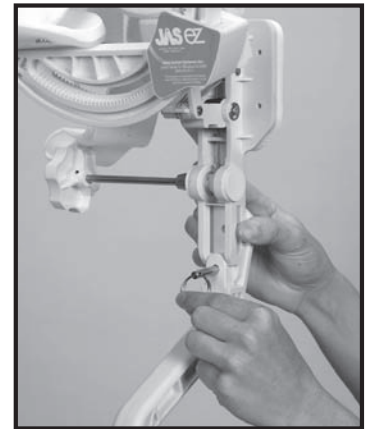


ASSEMBLE FLOOR STAND



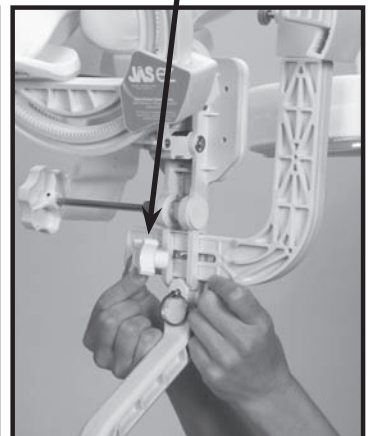
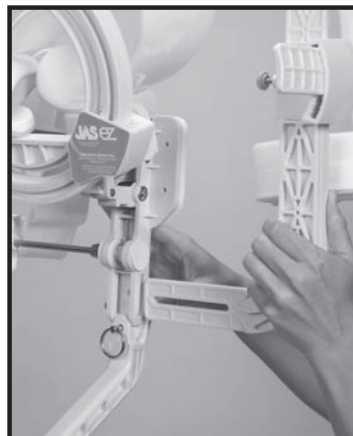
- Slide Floor Stand into base. Align tab on Floor Stand with a slot on base to determine the Floor Stand leg orientation.

ATTACH ARM AND SCAPULAR COMPONENTS TO FLOOR STAND



- Remove pull-pin, knob A and bolt from Floor Stand.
- Slide Arm Component onto groove in Floor Stand.
- Align holes and replace pull-pin.

Knob A



- Attach Scapular Component by sliding slotted arm through notch.
- Insert the bolt through the assembly and attach knob A.
DO NOT OVER-TIGHTEN KNOB!

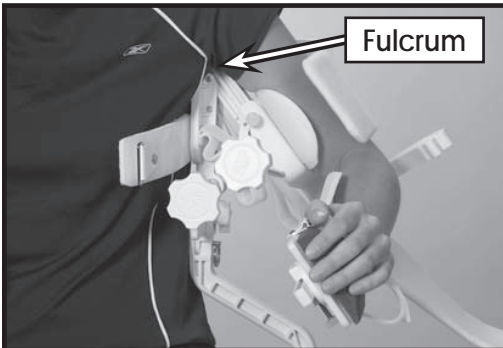
FITTING INSTRUCTIONS

For best results, use an armless chair with a back. Make sure patient's arm is relaxed in the arm support and the involved shoulder is not elevated or hiked.

STEP 1: ADJUST POSITION AND HEIGHT OF TOWER

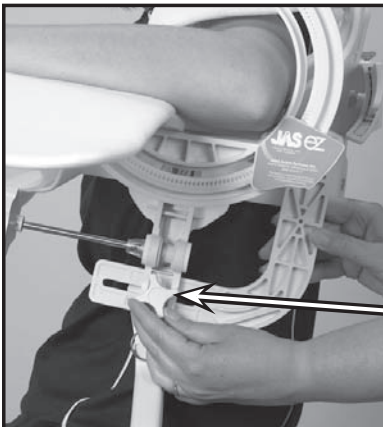


- Set Floor Stand as close as possible along side chair.
- Have patient sit, resting arm in arm support. Align device so that upright is parallel to side of trunk.
- Release knob counter-clockwise to adjust height



- Adjust height of Floor Stand so that fulcrum is approximately 1" under arm.
- Make sure patient's arm is relaxed and shoulder is not hiked when checking for proper height

STEP 2: ADJUST ANTERIOR / POSTERIOR TILT POSITION



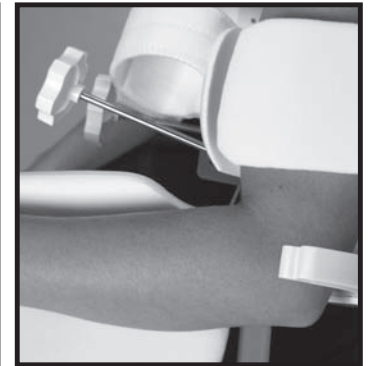
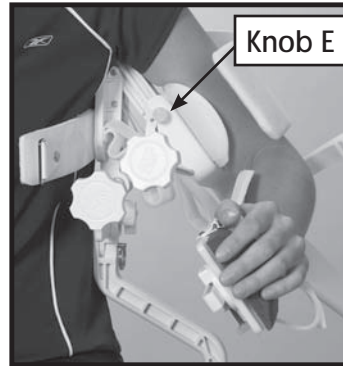
- Have patient assume their comfortable sitting posture.
- Loosen knob A near top of Floor Stand and tilt device anterior or posterior if necessary.

Knob A

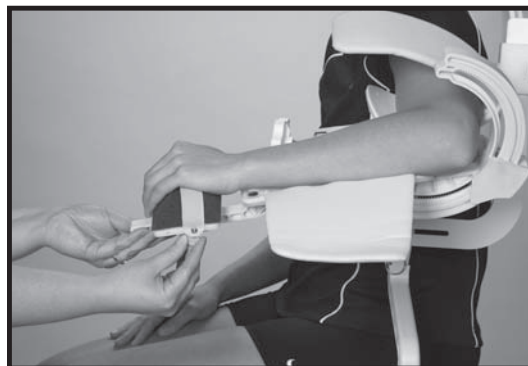


STEP 3: ADJUST LENGTH OF UPPER AND LOWER ARM SUPPORTS (If Necessary)

IMPORTANT: Before making length adjustments, assure that patient's arm is relaxed in arm support and shoulder is not hiked.



- When upper arm support length is correct, the elbow sits in center of gear.
- To adjust upper arm support length: loosen knob E under bicep cuff, slide end of support in or out to proper length and retighten knob.



- To adjust lower arm support length: loosen knob F under hand support, adjust in or out so that hand rests comfortably on support and retighten.

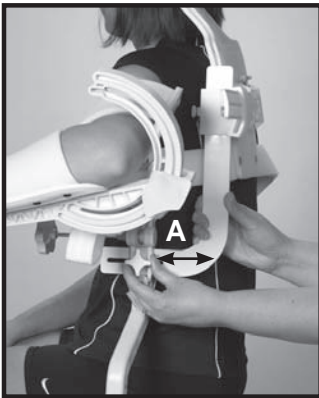
STEP 4: SECURE ARM SUPPORT STRAPS



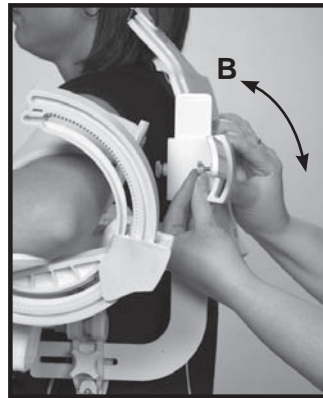
- Secure upper arm, forearm and hand support straps comfortably snug.
- **NOTE:** Bicep cuff must be securely fastened in order for proper motion to occur during therapy.

STEP 5: POSITION SCAPULAR STABILIZATION COMPONENT

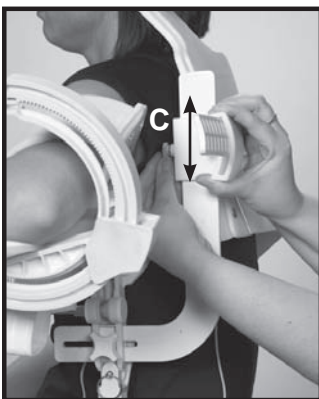
- Use the four adjustment points to position scapula pad against the scapula.



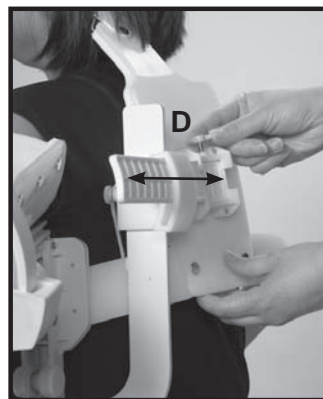
A: moves Anterior - Posterior



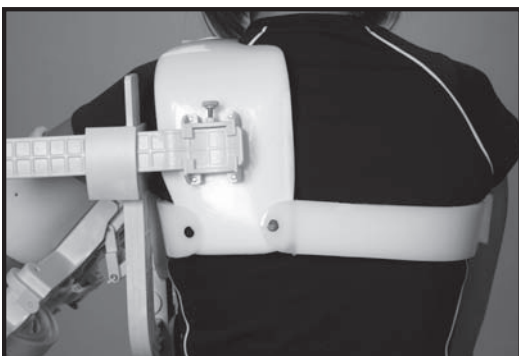
B: tilts Forward and Back



C: moves Up - Down



D: moves Side to Side



STEP 6: SECURE CHEST STRAPS



- Feed velcro strap through D-Ring and secure comfortably snug.



- Feed scapular stabilization strap through D-Ring over shoulder, and secure comfortably snug.

STEP 7: ADJUST ABDUCTION POSITION



- Rotate the abduction knob counter clockwise to desired position of shoulder abduction, as directed by doctor or therapist
- **NOTE:** As internal rotation ROM increases, abduction must be increased so that forearm can clear trunk and Floor Stand.



- Rotate therapy knob to begin treatment protocol outlined on back page.
- ROM therapy can be done in both Internal and External Rotation.

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



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.
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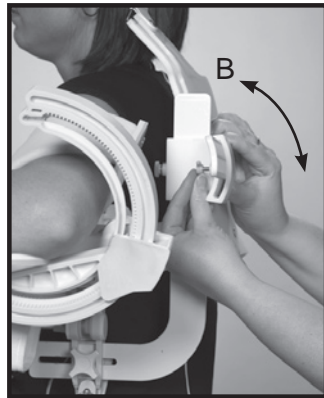
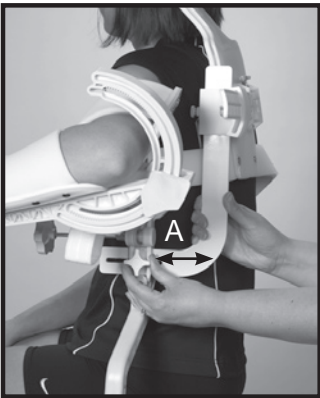
PASO 4: AJUSTE CORREAS DEL BRAZO



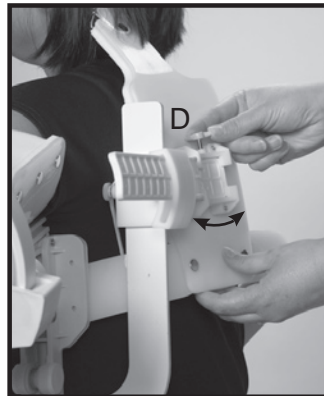
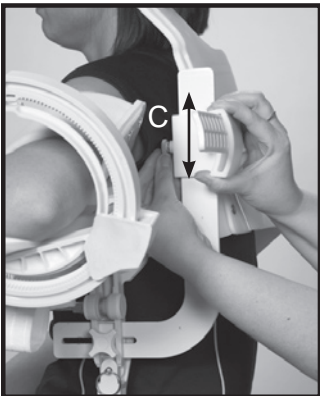
‡\$MXVWH ODV FRUUHDV GH O EUDJR DQWHEUDJR LPOW B FyPRGD
 ‡NOTA: SDUD WHQHU HO PRYLPLHQWR QH FHVDULR GXUDQWH
 HO WUDWDPLHQWR OD PDQJD GH O EUDJR DMXVWDGD

PASO 5: COLOCACIÓN PARTE PARA HOMBRO

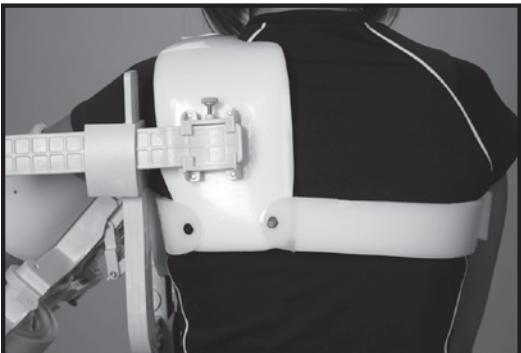
‡8WLOLFH ORV FXDWUR SXQWRV GH DMXVWH SDUD FRORFDU OD SDUWH
 SDUD HO KRPEUR



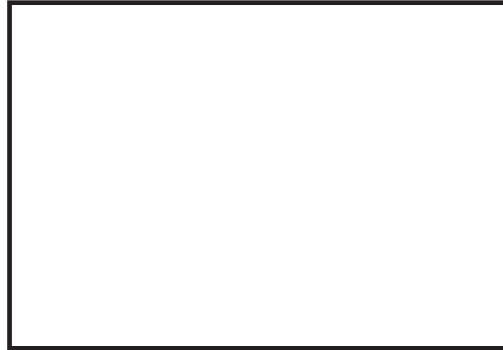
\$ PXHYH \$QWHULR % 3RXWYHU \$GHODQWH \$WUiV



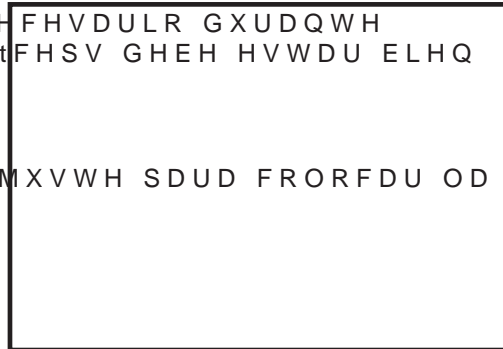
& PXHYH \$UULED \$EDMRYH /DGR D /DGR



PASO 6: AJUSTE CORREAS DEL PECHO



‡3DVH OD FRUUHD GH YHOFUR D WUDYpV
 ‡NOTA: SDUD WHQHU HO PRYLPLHQWR QH FHVDULR GXUDQWH
 HO WUDWDPLHQWR OD PDQJD GH O EUDJR DMXVWDGD



‡3DVH OD FRUUHD GH OD 3DUWH SDUD HO
 VREUH HO KRPEUR \ DM~VWHOD KDVWD

PASO 7: AJUSTE POSICIÓN DE ADUCCIÓN



‡*LUH OD SHULOOD GH PRYLPLHQWR HQ V
 GH O UHORM KDVWD OD SRVLFLyQ GH DGX
 KD\D LQGLFDGR HO PpGLFR R WHUDSHXW

‡NOTA: \$ PHGLGD TXH DXPHQWD OD URWDFL
 PRYLPLHQWR VH GHEH DXPHQWU OD DG
 TXH HO DQWHEUDJR QR VH FKRTXH FRQW



‡*LUH OD SHULOOD GH WHUDSLD \ FRPLHQ
 ILJXUD HQ HO UHYHUVR GH HVWD SiJLQD
 ‡/D WHUDSLD GH PRYLPLHQWR SXHG H VHU
 LQWHUQD \ H[WHUQD

RECOMENDADO

JAS[®] EZ PROTOCOLO PARA TRATAMIENTO

PASO 1: Gire la perilla del aparato terapéutico hasta sentir un estiramiento suave y sin dolor. Nivel 2-3 en la escala de intensidad de estiramiento.

INTENSIDAD DESEADA DE ESTIRAMIENTO										
0	1	2	3	4	5	6	7	8	9	10
SIN ESTIRAR										DOLOROSO

PASO 2: Mantenga el estiramiento durante 5 minutos. Antes de aflojar la perilla, re-evaluar el nivel de estiramiento:

1. Si la intensidad del estiramiento ha disminuido, gire la perilla hasta que sienta que la misma ha vuelto al nivel 2-3 nuevamente.
2. Si la intensidad del estiramiento no ha cambiado, déjela en la misma posición.
3. Si la intensidad del estiramiento ha aumentado, gírela en la dirección opuesta hasta que sienta un estiramiento a nivel 2-3.

PASO 3: Mantenga el estiramiento por otros 5 minutos.

Repita los pasos 2 y 3 en una serie de seis estiramientos de 5-minutos (sesión de terapia de 30 minutos).

IMPORTANTE:

Si está comenzando la terapia JAS inmediatamente después de cirugía, quizás necesite empezar con sesiones más cortas (de uno a tres estiramientos de 5 minutos por sesión), debido a los síntomas post-operatorios a los estiramientos pasivos, como hinchazón, dolor, y sensibilidad. Si es así, aumente gradualmente hasta llegar a sesiones de 30 minutos en el correr de dos semanas, según lo vaya tolerando.

PASO 4: Cuando haya completado la sesión de 30 minutos, gire la perilla como en la dirección opuesta hasta que el estiramiento sea aliviado, y luego quítese el aparato. Quizás sienta cierta rigidez en la articulación luego de la sesión JAS. Con cuidado mueva la articulación hacia atrás y adelante para aliviar la rigidez.

IMPORTANTE:

Después de cada estiramiento de 5 minutos y antes de ajustar el Campo de Movimiento (CDM) en el aparato JAS, debe evaluar el nivel de estiramiento. Si la intensidad del estiramiento no ha disminuido, es incorrecto ajustar más el CDM, ya que no logrará mejores resultados de estiramiento permanente de los tejidos.

Niveles de estiramiento agresivos o dolorosos no son terapéuticos, y dan resultados contraproducentes - mayor rigidez, hinchazón o dolor, y poco o nada de mejoría en el CDM.

NÚMERO DE SESIONES POR DÍA:

Para obtener resultados óptimos se sugiere realizar tres sesiones de 30 minutos en cada dirección por día. Comience con una sesión de 30 minutos por día, y agregue una sesión más cada 3-5 días según las tolere, hasta llegar a 3 sesiones en cada dirección por día.

ADVERTENCIA:

Los aparatos JAS SPS NO están diseñados para ser usados durante la noche o durante períodos prolongados de tiempo. Joint Active Systems (JAS) no recomienda o endorsa un tratamiento que incluya el uso extendido en sesiones de más de 4 horas, como las que son comúnmente recomendadas con otros tipos de tabillas. Esto se debe al elevado riesgo ya conocido de irritación de la piel y/o erupciones, asociadas con el uso prolongado de cualquier tipo de entablillados. Espere de 45 a 60 minutos entre cada sesión de terapia JAS.

Si con el uso del aparato JAS nota un cambio en la hinchazón o irritación de su afección, descontinúe su uso y contacte a su médico.

APOYO TÉCNICO

Para recibir asistencia técnica o por cualquier pregunta que tenga con respecto a su aparato JAS, llame gratis al (800) 879-0117.

Representante JAS

Teléfono



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

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