

APPLY AND USE

1 APPLY DEVICE

- Sit in a comfortable position.
- Open all Velcro® straps on the brace.
- Adjust arc of the brace to match the starting position of your comfortable end range of motion.
- Place your limb in the brace with the affected joint centered over the proper marker on the brace.
- Secure all Velcro® straps to ensure snug fit.

2 GET INTO A COMFORTABLE POSITION

- See guidelines to the right for proper position before performing your JAS therapy.

3 PERFORM YOUR JAS THERAPY

- Rotate therapy knob until a low intensity, pain-free, stretch is felt. Reduce stretch as necessary by rotating dial in opposite direction.
- Rest and relax into the stretch position for approximately 5 minutes.
- After 5 minutes – when stretch has decreased or is no longer felt – rotate the dial a bit further.
- Repeat every few minutes for a total wear time of 30 minutes.
- Perform up to 3 times a day, for just 30 minutes each time.

FOR JAS GL KNEE - EXTENSION



APPLY DEVICE

PERFORM YOUR JAS THERAPY

Sit on edge of chair, with knee extended, and rest foot on a stool. The brace hinge will be under the knee in the gap between chair and stool.

FOR JAS GL KNEE - FLEXION



APPLY DEVICE

PERFORM YOUR JAS THERAPY

Sit in chair with knee flexed and foot resting on floor. Brace hinge sits on top of the knee.

FOR JAS GL ELBOW



APPLY DEVICE

PERFORM YOUR JAS THERAPY

Sit comfortably. Attach clip-on support and rest device on a flat surface.

JAS[®]GL TREATMENT PROTOCOL

STEP ONE

Rotate therapy knob until a gentle, pain-free stretch is felt. Attempt to achieve Level 2-3 on stretch intensity scale.

DESIRED STRETCH INTENSITY											
0	1	2	3	4	5	6	7	8	9	10	
NO STRETCH											STRETCH

STEP TWO

Hold stretch position for **5 minutes**. Before turning the knob, re-assess stretch level:

- If stretch intensity has decreased, rotate knob until you feel a level 2-3 stretch again.
- If stretch intensity has not changed, leave in same position.
- If stretch has increased, rotate knob in opposite direction until a level 2-3 stretch is felt.

STEP THREE

Hold stretch position for **another 5 minutes**.

Repeat process for six stretches to complete a 30-minute therapy session.