

# JAS FLOOR STAND SHOULDER INITIAL FITTING INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage, return information and answer many questions.

**NOTE:** 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:

### RE-ALIGN UPRIGHTS TO VERTICAL POSITION

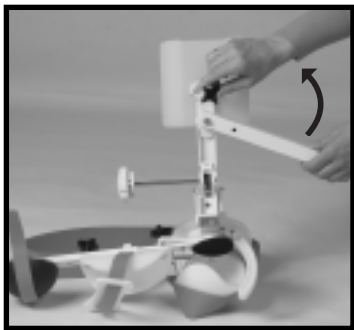


Fig. 1

#### Figure 1

- Remove foam liner from hip cuff to reveal screw head.
- Remove black knob, slide screw back until flush with crescent opening.
- Rotate height adjustment arm up, until screw holes on both metal bars align.

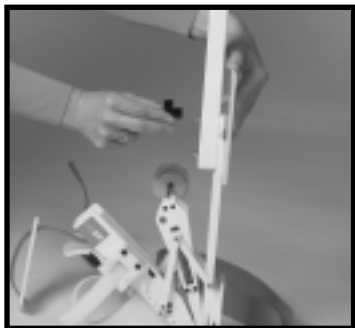


Fig. 2

#### Figure 2

- Push screw through and re-attach black knob.
- Replace foam liner on hip cuff.

## STEP 2:

### ASSEMBLE FLOOR STAND

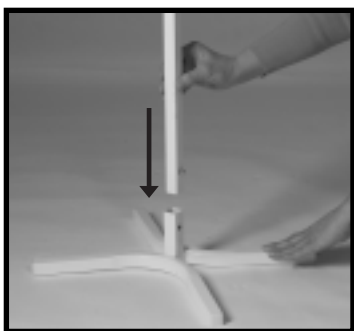


Fig. 3

#### Figure 3

- Insert upright into base of stand.

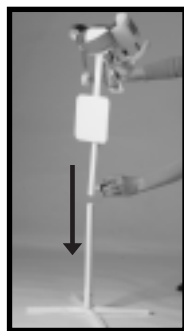


Fig. 4

#### Figure 4

- Attach device to floor stand base, and tighten black knob.

## STEP 3:

### ADJUST POSITION AND HEIGHT OF TOWER



Fig. 5

#### Figure 5

- 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.
- Loosen lowest black knob on upright to adjust height.

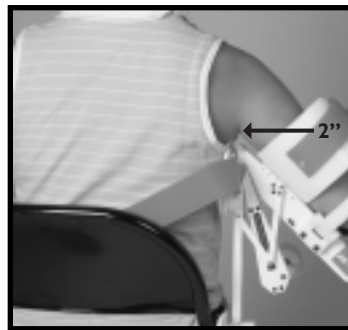


Fig. 6

#### Figure 6

- Fulcrum should be ~ 2" from underarm (2 - 3 fingers width).
- Make sure patient's arm is relaxed and shoulder is not hiked.

## STEP 4:

### ADJUST ANTERIOR / POSTERIOR TILT POSITION



Fig. 7

#### Figure 7

- Have patient assume their comfortable sitting posture.
- Loosen upper black knob, and tilt device forward or back if necessary.
- Upright should align with trunk.

## STEP 5:

### CHECK FOR CORRECT ARM SUPPORT LENGTH

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



**Figure 8**

- Check position of elbow: medial epicondyle should be over black foam disc at elbow joint of arm support.

Fig. 8

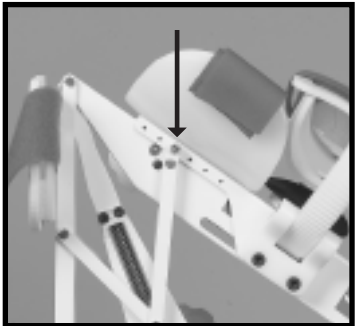


Fig. 9

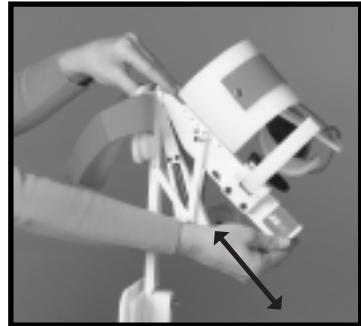


Fig. 10

### Figures 9 & 10

- To adjust for length of humeral support: release locking mechanism below humeral cuff, slide end of arm support in or out to correct length, and secure locking mechanism.
- **NOTE:** Locking mechanism is model dependent. Remove bilateral screws on model pictured above. In other model, pull bilateral knobs outward to release pins.

## STEP 6:

### ADJUST FOREARM LENGTH



Fig. 11

**Figure 11**

- Make sure upper arm is aligned in cuff, and elbow is centered over black foam disc.
- Loosen black knob on underside of forearm support, and adjust length so that hand rests comfortably on hand support. Tighten black knob.
- **NOTE:** Adjust elbow angle with black knob underneath elbow, for comfort or to fine tune position.

## STEP 7:

### ATTACH STRAPS (Can be done in any order)



Fig. 12

**Figure 12**

- Secure humeral, forearm and hand support straps comfortably snug.
- **NOTE:** Upper arm cuff must be securely fastened in order for proper rotation motion to occur.



Fig. 13

**Figure 13**

- Apply strap around chest and through D-ring on upper chest cuff.

## STEP 8:

### ADJUST ABDUCTION POSITION



Fig. 14

**Figure 14**

- Rotate the abduction knob to desired position of shoulder abduction, as directed by doctor or therapist.



Fig. 15

**Figure 15**

- Rotate therapy knob to begin treatment protocol outlined on back page.

# JAS FLOOR STAND SHOULDER

## PATIENT INSTRUCTIONS

Please take a few moments to read through these instructions. They cover fitting, usage, return information and answer many questions.

**NOTE:** For best results, use an armless chair with a back. Make sure your arm is relaxed in the arm support. Do not pull your shoulder up and away from the device. If possible have a mirror in front of you during JAS sessions, so you can check for proper shoulder position.



### STEP 1:

#### PLACE ARM IN ARM SUPPORT

Position floor stand so that device is as close as possible to the side of your chair.

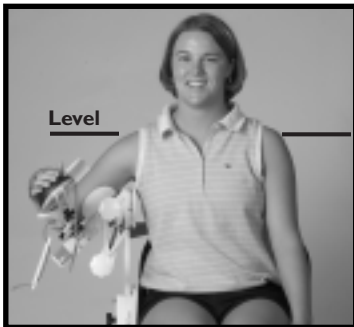


Figure 1

- Sit in chair and place arm in arm support.
- Assure that upper arm is aligned in cuff, elbow is resting over black foam pad, and hand is resting comfortably on foam support.

Fig. 1

- **IMPORTANT:** Be sure to relax your shoulder and arm, letting it rest fully on arm support. Do not pull your shoulder up and away from device.

### STEP 2:

#### SECURE CHEST AND ARM SUPPORT STRAPS

(Can be done in any order)

Figure 2

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



Fig. 2

### STEP 2: (Continued)



Fig. 3

Figure 3

- Apply velcro strap around chest and through the D-ring, securing comfortably snug.

### STEP 3:

#### INITIATE JAS THERAPY SESSION



Fig. 4

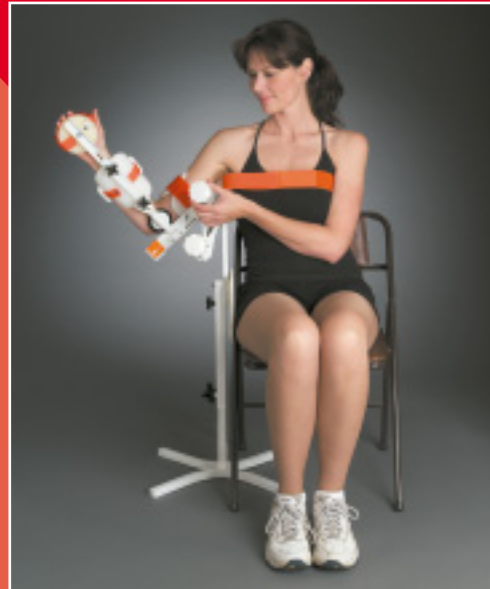
Figure 4

- **IMPORTANT:** The upper white knob is used to perform your JAS static progressive stretch session (see back for treatment protocol).
- Leave the lower white knob in the position set by your therapist or JAS representative, unless otherwise instructed.

# JAS: THE PROVEN APPROACH TO RESTORING ROM

The JAS Shoulder device utilizes proven principles of Static Progressive Stretch (SPS) to achieve permanent restoration of joint ROM in three 30-minute sessions per day.

The patient-controlled JAS protocol allows for *pain-free* therapy, virtually eliminating muscle guarding and assuring excellent compliance.



Available in both floor stand and portable models.

The revolutionary design of the JAS Shoulder allows for isolated stretch to soft tissues surrounding the gleno-humeral joint for effective treatment of adhesive capsulitis. Based on current treatment principles for addressing capsule stiffness, the JAS Shoulder applies SPS in the external rotation plane from 0 – 100°, with positional adjustability to 120° of abduction. Degree-by-degree ROM adjustability assures precise end range stretch throughout the entire treatment session. Maximal Total End Range Time (TERT) is achieved for optimal therapeutic benefit.



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Accredited by The Compliance Team, Inc.

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FEATURES	BENEFITS
Simulates manual stretch techniques	Provides clinic-quality stretch therapy in the home setting
Isolates stretch to G-H joint tissues	Effective treatment for adhesive capsulitis
Allows patient-controlled, degree-by-degree adjustability	Assures precise and pain-free end range stretch; virtually eliminates muscle guarding
Dramatically reduced treatment time—30-minute treatment sessions	Ensures high patient compliance and reduces rehab time
Fulcrum positioned away from joint	Prevents joint surface loading
Custom fit for each patient	Assures accurate ROM therapy and eliminates risk of skin breakdown
Pain-free stretching technique	Encourages patient compliance