



Headrest for the Jay® J3 Back

Installation Guide

Tools Needed:

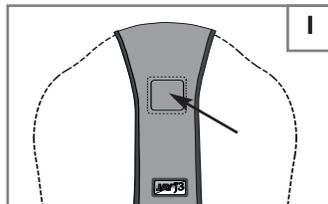
- 3/16" Imperial hex key
- 3/32" Imperial hex key
- 10mm combo wrench (Supplied with J3 Back)

Torque Specifications:

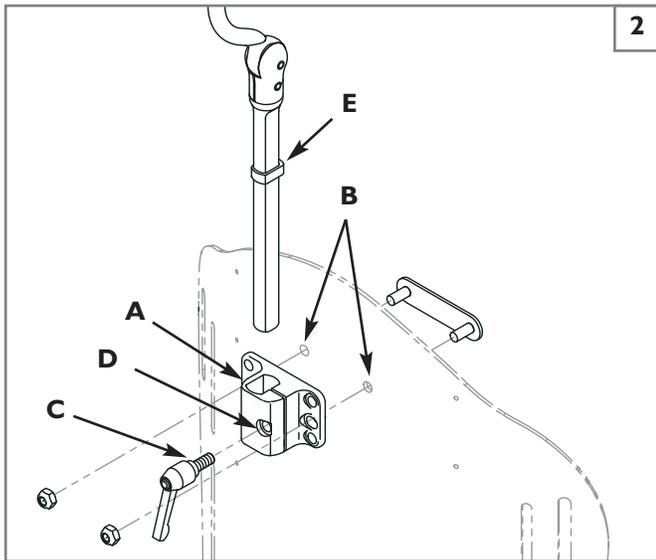
All fasteners should be tightened to 2.3 N-m (20 in-lbs).

INSTALLATION

In order for a headrest to be installed on a J3 Back, the cover must have the headrest slot (indicated in Fig. 1). If you do not have the correct cover, please call customer service at 1-800-333-4000 to order.



Installing the Headrest Assembly (Fig. 2)



If the headrest mount has been factory pre-assembled to the J3 back, skip to step #5.

1. Remove the J3 Back cover from the aluminum shell to avoid damage during installation.

NOTE: You do not need to remove any foam Spine Align components for installation of the headrest.

2. Locate the two headrest attachment points (B) on the J3 Back. Attach headrest mount and tighten until nuts are secure and mount does not move.
3. Loosely attach the lever (C) to the headrest mount (D).
4. Reattach cover to the aluminum back shell.
5. Adjust shaft collar (E) to desired location using a 3/32" Imperial hex key. Tighten according to the torque specifications.
6. Insert the vertical headrest shaft into headrest mount. Once inserted, adjust the needed height and tighten the mount lever (C) according to the torque specifications.

ADJUSTMENT

Using Figures 4, 5 and 6, determine which headrest assembly you will be adjusting and follow the appropriate instructions.

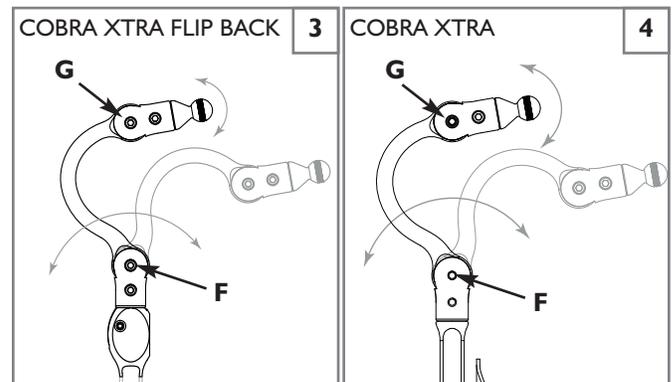
COBRA XTRA (FIGS. 3, 4 & 5)

Depth Adjustment

Adjust the depth of the headrest by using a 3/16" Imperial Hex key to loosen the nut (F). Once adjustment is complete, tighten according to the torque specifications.

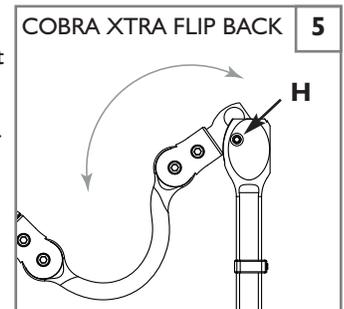
Angle Adjustment

Adjust the angle of the headrest by using a 3/16" Imperial Hex key to loosen the nut (G). Once adjustment is complete, tighten according to the torque specifications.



Flipping Back

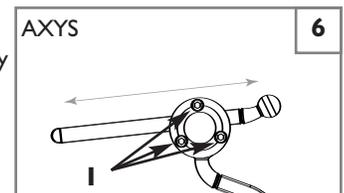
The Cobra Xtra Flip Back mount allows the headrest pad to be "flipped back" by simply pressing the release button on the side of the shaft (Figure 5-H).



AXYS (FIG. 6)

Depth Adjustment

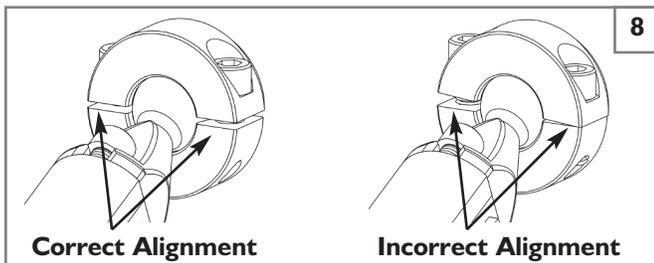
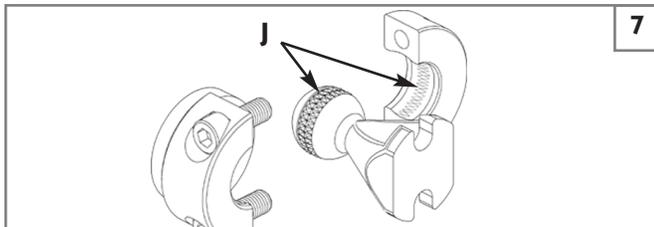
Adjust the depth of the headrest by using a 3/16" Imperial Hex key to loosen the nuts (I) in Fig. 6. Once adjustment is complete, tighten according to the torque specifications.



WORKING WITH BALLS AND COLLARS

All Whitmyer Biomechanix rotational mounting balls are manufactured with a machined knurl pattern (Fig. 7-J). When the collar is tightened, the specialized hardened knurls bite into the radius to eliminate unwanted movement.

Even though the knurled balls eliminate unwanted pad movement, the collars must be evenly tightened using a 3/16" Imperial hex key according to the torque specifications listed. Refer to Figure 8.



HEADREST PADS

Contoured Cradle Systems

Contoured Cradle pads are designed to provide lateral cervical and sub-occipital support in a single pad.

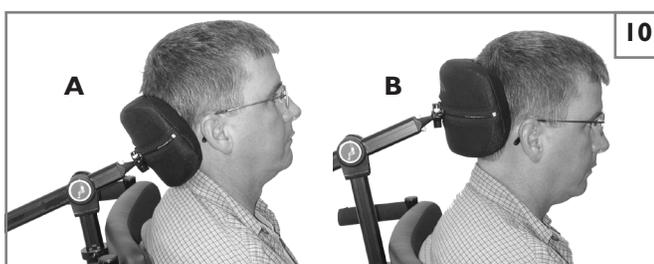
The pad should be adjusted to provide even contact across its surface and allow the flared tips to support the cervical spine just under the ears and behind the mastoid process (Fig. 9). Gently bend flared sections in to place by hand to accommodate various neck widths.



Plush Systems

Plush pads are designed to provide comfortable support to the upper cervical and sub-occipital areas.

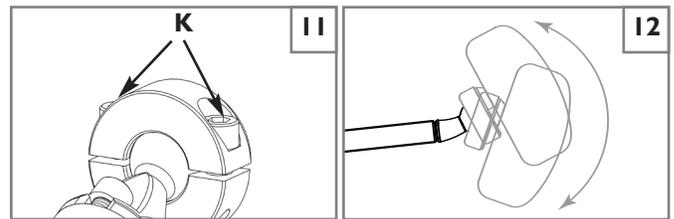
The pad should cradle the spine and provide lift under the occiput (Fig. 10-A). Centering the pad at the apex of the occiput forces the cervical spine into flexion (Fig. 10-B).



PAD ANGLE ADJUSTMENT

Using the 3/16" hex key loosen the bolts (Fig. 11-K) securing the mounting collar to the mounting ball.

Rotate headrest pad to desired location (Fig. 12). Retighten bolts according to the torque specifications.



PRODUCT MAINTENANCE

The following suggestions will help ensure safe and successful product use.

COVER MAINTENANCE

Whitmyer Biomechanix SOFTPRO covers zip on and off for washing. Hand wash with mild detergent, rinse thoroughly, and air-dry for best results.

COVER REPLACEMENT

We stock replacement covers for all our products. If covers become too worn or too soiled, replacement is recommended.

FOAM PADS

Foam subject to daily use will wear out and lose a degree of the initial comfort afforded by the cushions when the pads were new.

The foam pads are attached to the system panels with a hook and loop fastening system, making replacement with our re-foam kits a simple process.

MECHANICAL COMPONENTS

Check the following items monthly to ensure safe and functional product use:

1. Check tightness of all fasteners and hardware attachment points.
2. Review all parts for signs of wear. Pay close attention to plastic, vinyl, and fabric components. Check all straps and cords for stretching and wear.
3. Review metal parts for signs of wear, cracks, bent parts or excessive flexing.
4. Replace or repair any parts showing wear.

THREADED HOLES

Do not force any fasteners. Being gentle, and tightening fasteners evenly will usually correct any fastener problems.

⚠️ WARNING

This headrest has not been tested for use as seating in a motor vehicle. As a result, the performance of the headrest in combination with backs that are labeled for transit use, when used as a seat in a motor vehicle, is unknown.

ATTENTION

Sunrise Medical recommends that users not occupy a wheelchair in a motor vehicle when using this headrest.

If you have further questions on installation or adjustment, please contact A.R.T. Group customer service at 1-800-944-8246.



**Whitmyer
Biomechanix**

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