

## CPM: Continuous Passive Motion

### What is CPM used for?

CPM is a post-operative, therapeutic modality that passively (without patient effort), moves a joint through a prescribed range of motion, referred to as ROM.

Most of the time after orthopedic surgery or other joint trauma, it is painful to move a joint actively (with patient effort), so most people will keep the joint still. The problem with this is that joints get stiff when they are not moved. CPM is beneficial because it keeps the joint moving effortlessly, in a slow, controlled pattern. This motion increases blood flow to the injured tissue.



CPM is safe and effective, and in the long-term it will help to maintain your ROM, decrease your pain, and keep you moving.

Range motion is gradually increased to the maximize the outcome for the patient. CPMs are usually prescribed by an orthopedic surgeon or a physical therapist. Duration is determined by the prescriber. Prescribed use is normally 4 to 6 hours per day with recommended use of 1 hour minimum per use. A CPM unit is not a replacement for exercises recommended by a surgeon or therapist; both are used together to regain strength and range of motion.

The technician will assemble the CPM. You should only have to place your leg into the sheepskin supports and strap the calf and foot straps. Then push the button on the remote control and the machine will move through the prescribed degree settings. To stop just push the button on the remote control once, pushing the button again will start the machine in the opposite direction. As you rehabilitate your physical therapist or doctor may want you to change the settings. **DO NOT CHANGE THE DEGREE SETTINGS WITHOUT YOUR DOCTORS PERMISSION.**

### What to do if the CPM fails to work

1. MAKE sure that the CPM is PLUGGED IN.
2. MAKE sure that the on/off switch IS ON.
3. MAKE sure that the wall outlet the CPM is plugged into HAS POWER.
4. MAKE sure you pushed the RUN/HOLD button.
5. MAKE sure the REMOTE CONTROL JACK is plugged in all the way.
6. MAKE sure the SPEED CONTROL is set fast enough.
7. MAKE sure the ELECTRIC CORD connection in front of machine is secure and locked in place.

## Warnings

- Keep hair, loose clothing, fingers and all parts of the body away from moving components of the device.
- Do not expose the device to water or extreme temperatures.
- Turn the power off before unplugging.
- Unless using the device or recharging the battery, turn the device off and unplug from the power supply.
- Do not use the device, power supply or controller if it appears damaged or if there are exposed wires.
- Do not pour cleaning solution directly onto the device. This may allow fluids to damage the device.
- If you have pain, discomfort or treatment questions, contact your physician.

## Warranty

If you have purchased the CPM, the warranty is for one year beginning with the date of original set-up.