

CPM Machine

Initial Motion Settings: Flexion: _____

Extension: _____

Purpose

- Continuous Passive Motion (CPM) units are electrically powered devices that move a specific joint through its range of motion. By using the CPM unit to gradually move the knee joint, it is possible to significantly accelerate recovery time by decreasing joint stiffness and increasing range of motion. This promotes healing of joint surfaces and soft tissues and helps prevent the development of scar tissue.

Using Your Equipment

- Ensure the machine is always plugged into a properly grounded wall outlet.
- The CPM should be placed on a flat surface and not placed close to any edges.
- Align the knee joint with the corresponding hinge point on the unit.
- Your knee, hip, and foot should be aligned while using the CPM for maximum comfort.
- If you choose to use the upper leg strap, make sure to place it above suture marks.
- Always use the soft goods provided with the CPM for sanitary reasons and to prevent chafing.
- The CPM machine settings should be adjusted only in accordance with the instructions provided by the doctor, therapist, or provider.
- CPM therapy should never intensify pain. If so, consult your physician or therapist to determine if any changes should be made in your therapy.
- Let the machine do the work. No flexing, tensing, or helping it move.
- Consult with your physician or therapist to determine the proper settings for your machine. 6-8 hours is the average time used a day with a goal of a 90 - 110° bend.

Maintenance

- The CPM should be thoroughly cleaned by the provider and arrive in clean, working order.
- If the machine is not moving smoothly, contact your provider for maintenance.
- If cleaning is necessary, turn the unit off and unplug the power supply. Clean the unit with a damp cloth. Do not use abrasive cleaners. A small amount of mild household detergent may be used, if necessary.
- If soft goods become soiled, they may be spot cleaned or laundered according to the directions provided.

Safety Issues

- Stop CPM treatment if unusual pain or discomfort occurs and immediately notify your doctor or therapist.
- Do not plug the unit into the wall outlet if the power switch is in the "on" position.
- Do not let children near the unit while the unit is in motion.
- Keep hair, loose clothing, and body parts away from the moving parts of the machine.
- Do not use the CPM in or near water.
- Do not expose the CPM to extreme temperatures.