



**Using a CPM (Continuous Passive Motion) Device**  
A Guide for Patients in the Home

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## CHAPTER 1

# RECEIVING CPM THERAPY IN THE HOME



A **CPM (Continuous Passive Motion)** exerciser is used for extension-flexion mobilization of the hip and knee joints. It is used primarily for a patient who has recently had their knee operated on or replaced.



Your doctor has prescribed a range of \_\_\_\_\_. You may increase or decrease as tolerated. *Example: You may start flexion at 60 degrees and then slowly increase.*

### What you should expect

- 🏠 You were probably already using a CPM in the hospital. Advanced Home Care's CPM unit may look a little different, but the outcome is the same. Advanced Home Care wants to help you recover as quickly as possible.
- 🏠 You will need to follow your doctor's orders and instructions as to how long and how much you need to increase your flexion daily.
- 🏠 Your insurance guidelines only allow you to have 21 days to complete the therapy. With this in mind, it is very important that you start your recovery process right away.

Always try to have a caregiver or family member around when placing your leg in the CPM unit.

## CHAPTER 2

# INSTRUCTIONS FOR CPM THERAPY IN THE HOME

## What you should do

### Getting to know your CPM unit hand control

+ and - will work to change any number on the hand control. You must first select what you want to change, then press + or -



You **will not need** to set any of these:

- Session Time
- ROM By Pass
- Mod
- Warm Up

**Extension:**  
Press to adjust Extension. This number should always be "0" unless otherwise ordered by your doctor.

**Flexion:**  
+/- Press + to increase and decrease.

**START**

**STOP**

**Speed:**  
Speed should be set at 3, unless different on the order.

**Force:**  
Should be set at maximum unless otherwise ordered by the patient's MD.

Pause, Program and Timer:  
**Do not** need to be set



**Step 1** You will need to place the CPM unit on a bed that you normally sleep in. Never attempt to use the CPM unit on a floor, or couch.

**Step 2** *Remove any silk or slipper bed covers before placing the CPM unit on the bed.*

**Step 3** Place the CPM unit at the foot end of the bed, making sure the CPM will not fall off of the bed during use.

**Step 4** An Advanced Home Care representative has set the unit up to the required setting. These setting will not change unless you change them.



**Step 5** With the help of a caregiver, place your leg in the CPM unit. Be careful not to move the leg no more than you have to. Make sure your knee is facing the ceiling and is positioned straight.

**Step 6** Attach the patient straps below and above your knee.

**Step 7** Make sure the power cord is attached to the CPM unit, and the other end is in a well grounded outlet. Do not use any kind of extension cords or power strips. Check the power button located above where the power cord attaches to the CPM unit, and make sure it is in the “on” position.



**Step 8** Look at the hand control. It should show that it has power by displaying numbers, and a green glow in the background of the screen.

**Step 9** Verify that the number on the left side of the display screen is set at “0”. This number is the extension. Never set this number at any other number but “0” unless otherwise

prescribed by your doctor. To change this number, press the extension button. It will blink, indicating that you may change the number. Once you have set the number, it will continue to blink for a few seconds, and then stop indicating that the number is locked in.

**Step 10** Look at the number on the right side of the display screen. This number is called the flexion. This is the number that you will need to change daily according to your doctor's order. This is the bend of the CPM unit. To change the number for flexion, you will need to press the button for flexion, the number will blink, and you can make changes just like you did for the extension.

**Step 11** Check the speed of the CPM unit. Advanced Home Care will set this setting at 3. You will need to talk to your doctor about increasing the speed. If you need to change the speed of the CPM unit, press the speed button and the number will blink indicating you may change that number. It will stop blinking once you have selected the desired speed number.

**Step 12** You are now ready to start your therapy. Press the start button on the hand control. Always make sure you have access to the hand control, in the event you may need to stop due to pain.

**Step 13** To stop your CPM, just press the stop button. The unit will stop. To start therapy again, just hit start and your therapy will start again. At any time the CPM unit is stopped in the middle of moving, once the start button is pressed again, the unit will go down, and then go back up to the set flexion.

**Step 14** Just remember that you will not need to go through all of these steps each time you start. The only number that will need to be changed daily is the flexion.

## CHAPTER 3

### FREQUENTLY ASKED QUESTIONS

**1. How long will I be able to keep my CPM unit?**

*21 days- This also includes the days that you used the CPM unit in the hospital. Example: If you have used a CPM unit for 3 days in the hospital, now you only have 18 days to use the CPM unit at home. If you use the CPM unit over the 21 day allowed period, you will be charged a \$25.00 fee for each additional day after the 21 day period.*

**2. How can I prevent the CPM unit from moving around on the bed?**

*Use a flannel sheet, or a thin towel placed under the CPM unit.*

**3. What do I do if I cannot tolerate the CPM unit due to pain?**

*Contact your doctor, and discuss this issue.*

**4. Can I increase the Speed of the CPM?**

*No. Advanced Home Care will set the Speed at 3. If you feel that the CPM unit is moving too slow, contact your doctor for a recommendation to increase the speed of the CPM unit.*

**5. Can I sleep with CPM unit on my leg?**

*Yes. In most cases, your doctor will recommend for you to do your therapy while sleeping. Consult with your doctor if you are unsure of the instructions he or she left with you after leaving the hospital.*

## CHAPTER 4

### TROUBLE SHOOTING

#### **1. The CPM unit will not come on.**

- *Check to make sure the power cord is plugged into a well-grounded outlet.*
- *Check the power cord and hand control, to make sure both of them are plugged up snugly.*
- *Check to make sure the power switch is on. This is located above where the power cord plugs into the unit.*
- *If attempting all of the above, contact Advanced Home Care.*

#### **2. The CPM unit stops before getting to the set flexion.**

- *The CPM unit is meeting resistance. Make sure your leg is positioned in the CPM unit correctly.*

#### **3. I cannot make any changes to the hand control.**

- *Contact Advanced Home Care for further instructions.*