



# NJ / PA KNEE & SHOULDER CENTERS

## CONTINUOUS PASSIVE MOTION (C.P.M.) MACHINE INSTRUCTIONS (KNEE)

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

**Your CPM machine can reduce knee pain, minimize stiffness and facilitate joint surface cartilage healing after surgery. MAKE GOOD USE OF IT !!!**

You will most likely need to use your machine for \_\_\_\_\_ to \_\_\_\_\_ weeks.

The **range-of-motion settings** on your CPM machine:  have already been set (or)  should be set by you at home - to move your knee from: \_\_\_\_\_ degrees of **flexion** (knee bending) to \_\_\_\_\_ degrees of **extension** (knee straightening). **Note:** Zero degrees is a fully straight knee, and any negative number refers to hyperextension (knee "back-bending").

Beginning at the settings specified above, gradually advance the range of motion on your CPM machine according to the following schedule:

**Flexion:** \_\_\_\_\_ degrees per: day / week (knee bending increases)

**Extension:** \_\_\_\_\_ degrees per: day / week (knee straightening increases)

Keep advancing your machine's range-of-motion settings until you reach a maximum of: \_\_\_\_\_ degrees **flexion** and \_\_\_\_\_ degrees **extension**. (Remember, a negative extension number [i.e., with a minus sign] means hyperextension, where the machine will attempt to bring your knee to a slightly "back-bent" position).

Do not change the range-of-motion settings from those specified above without first speaking with your Surgeon or our Physician-Assistant (PA-C).

**You should use your CPM machine during sleep and for a total of \_\_\_\_\_ hours each day while you are awake, until: A) you are able to easily perform stationary bicycling exercise in physical therapy, and either: B) your knee no longer has a tendency to stiffen overnight if you do not use the machine, or C) your surgeon instructs you otherwise. **Do not remain out of the machine or shut it off for more than \_\_\_\_\_ hours(s) at a time during the first post-op week, if at all possible.****

\*If you have a brace applied to your leg that has lockable hinges, make sure that the hinges are unlocked to allow knee motion, prior to using your CPM machine! (Note: If you can bend [move] your knee while in the brace, then your hinges are not locked. You may also refer to your Knee Brace Instruction Sheet.)

\*If your CPM machine was supplied by us, and you have any questions or problems, call 856-273-8900 and ask for the Physician Assistant on call or whoever is covering for CPM problems.

\* If your CPM machine is being supplied by an insurance company "preferred" vendor rather than us, the vendor's service representative will hopefully be available to help you set it up as soon as you get home after surgery. Show him/her the prescribed range-of-motion settings specified above and have him/her explain your machine's workings to you. If problems with the machine develop you must call the vendor rather than us, so make sure you are given an evening/weekend emergency number to call, just in case!

**\*CALL US (or whoever provided you with your CPM machine) as soon as you are done using it** so that machine rental fees will no longer be billed.