

HOMECARE SERIES

# **Continuous Passive Motion (CPM)**

CPM therapy moves the knee joint through a prescribed range of motion. This prevents joint stiffness, speeds the recovery process after surgery or injury, reduces pain and swelling, and promotes healing.

#### **CPM Machines are Safe**

Always follow these guidelines when using a CPM machine.

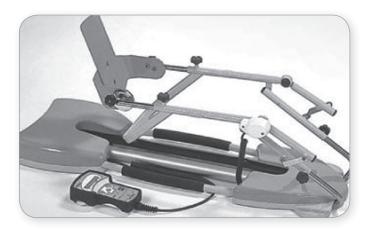
- Carry the machine by the transport handle, not the leg supports.
- Plug the power cord into a properly grounded outlet.
- Do not use an extension cord with the machine.
- Keep fingers and objects away from moving parts.
- Do not allow children to play on the CPM machine

# Follow the CPM therapy your doctor prescribed

Your prescription may include these settings:

- Flexion
- Extension
- Speed
- Force
- Pause
- Hours per day
- Hours per night

If you have increased pain during CPM after the settings have been changed, return to the previous settings or try changing settings in smaller increments. When using the machine, make sure that your knee joint is properly aligned with the axis of the machine.



## If you have problems...

#### **Symptoms**

Call your doctor, nurse or physical therapist if you have increased pain during CPM therapy (especially after the settings have been changed); increased redness and/or swelling in the knee, calf, or thigh; or tenderness in the back of the calf or thigh.

### Equipment

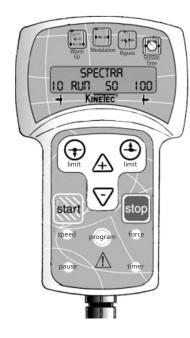
If the machine or hand control does not turn on, check the hand control connection and the power cord connection on the machine and at the outlet.

If the machine has power but stops moving, look for obstacles in the way of moving parts. Also check the "force" setting — it may be set too low.

For further information about your equipment, please refer to the manufacturer's website.

Call Intermountain Homecare if you experience any problems with the CPM machine and when you are finished with your CPM therapy.

# The Kinetec Spectra Knee CPM Hand Control





#### SPECTRA QUICK START INSTRUCTION

Switch the CPM ON at the black button next to the power cord.

Press start on hand control to run the machine

CPM will run between the preset ROM settings.

To change the EXTENSION limit, press (+) ,The Extension value will blink.

Use  $\bigwedge$  or  $\bigvee$  to increase or decrease Extension ROM.

Make  $\bigwedge$  or  $\bigvee$  changes within 3 seconds.

To change the FLEXION limit, press (4), the Rexion value will blink.

Use  $\bigwedge$  or  $\bigvee$  to increase or decrease Flexion ROM.

Make A or changes within 3 seconds.

To LOCK/UNLOCK Hand Control

Simultaneously press the  $\triangle$  and  $\nabla$  keys.

To change SPEED, press speed

Press A or to increase or decrease speed.

To change FORCE, press force

Press A or to increase or decrease speed.

To change TIMER, press timer

Press A or to increase or decrease speed.



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