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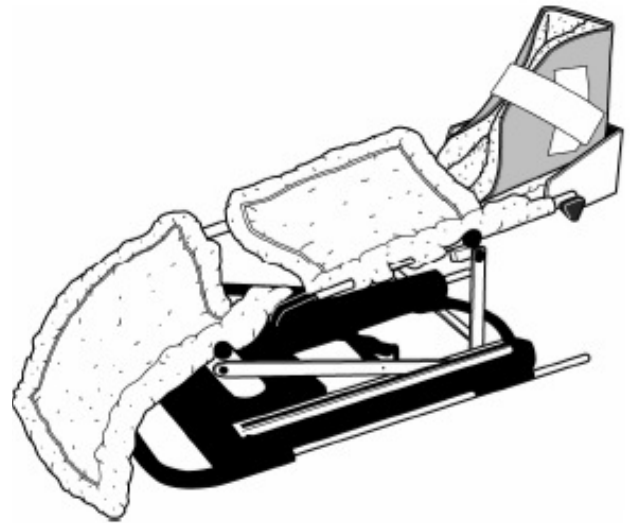
CONTINUOUS PASSIVE MOTION (CPM) FOR THE KNEE

HOW DOES THE CPM HELP YOU?

- CPM stands for continuous passive motion. It is a machine used to exercise the knee after surgery while you are in bed.

- Research has shown that CPM improves the health of the knee joint after surgery. Use of the CPM keeps the knee moving to help decrease excess fluid in the knee.

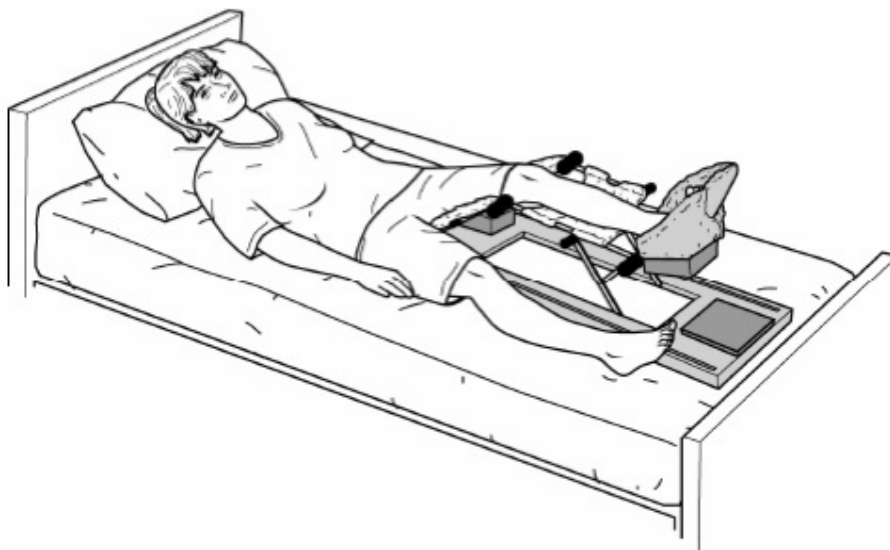
- Other benefits include:
 - o Improve knee range of motion
 - o Decrease pain after surgery
 - o Shortened hospital stay



**If you have any questions about these guidelines – or the appropriateness of any other activities – please call Orthopaedic Specialists of North Carolina at (919) 562-9410.*

HOW TO USE THE KNEE CPM?

1. Place the CPM on the bed.
2. Lift the affected leg on top of the pads of the CPM with the knee straight. You may need to roll to your side to make it easier to place the CPM.
3. For proper fit, the bend of your knee, called the axis, should match to the bend in the CPM. The therapist will adjust your CPM the first time it is used.
4. The Knee CPM is often used for 4 hours and then taken off for 4 hours. Your doctor will decide the settings and the amount of time you are to use the machine. The settings may change as you progress.



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THINGS TO CONSIDER

- Make sure the CPM is supported on all sides so it does not shift during use.
- Let your nurse or therapist know if it feels like the CPM is too tight or if it feels like it is rubbing any place to cause soreness.
- Check the upper leg and the bony areas around your knee and ankle for redness before bathing and when the CPM comes off. If the CPM is rubbing the areas, it may need to be adjusted. **Tell your doctor or therapist right away if you see redness.**
- The CPM should not be put on the floor when it is not being used. This will keep the CPM clean and ready to use.

Please feel free to ask your therapist questions you have about this treatment.

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