

Ankle CPM

What is Continuous Passive Motion?

- Method of providing regular passive movement to a non-ambulatory joint following surgery

Why Should I Use My CPM Device?

Using your device as prescribed is critical to see the benefits of the system listed below:

- **Prevents joint stiffness** – draining excess fluids from the joint area helps to avoid stiffness, minimizing the change of fibrosis (thickening/scarring of connective tissue)
- **Prevents edema** – CPM actively pumps blood and other fluids from the repaired area
- **Increase ROM** (range of motion) – improving range of motion early in the recovery process allows you to return to normal activities faster
- **Decrease inflammation at surgery site**
- **Reduce and manage pain**

Using Your CPM Device

1. Select EXTENSION/FLEXION movement
2. Screen should show 3 different numbers
 - a. Outer 2 numbers are the motion limits
 - b. Middle number indicates the current angle of the flexion motor – this number will change with the motion and direction of the CPM device
3. To begin motion press START key
 - a. Device will run continuously
4. To stop or pause motion press STOP key
 - a. *Pressing START key again will switch direction of movement

Setting Limits

Always follow doctor's recommendations.

1. **Adjust higher/lower limit**
 - a. Press FLEXION/EXTENSION setting key
 - b. Number on the RIGHT/LEFT will begin to blink
 - c. Use arrow keys to increase or decrease degrees
 - d. Press STOP key to lock at desired degrees

