

## CPM INSTRUCTIONS

1. You have been given a CPM (Continuous Passive Motion) machine following surgery. This machine is designed to help improve joint motion following surgery.
2. Your machine will be delivered with 1-2 days following surgery. Do not be alarmed if it takes 24-48 hours to be delivered, especially if the need for the machine was determined at the time of surgery.
3. You will be instructed by the provider of the machine on how to appropriately place your leg in the machine, and how to operate the machine.
4. You should use the machine for **6 hours a day**. This can be performed in **2 hour intervals**, 2 hours at a time. It can also be used continuously for 6 hours. If comfortable, you can sleep while the machine is running.
5. The initial settings are from **0 (zero) to 50 (fifty) degrees**, and should cycle at a speed of once per minute.
6. Each day, **you should increase the setting by 10 degrees of flexion, or as tolerated**. By Day 2, it should be set from 0 to 60 degrees, by Day 3 it should be set from 0 to 70 degrees, etc. Unless instructed otherwise, you can advance the unit to the maximal flexion setting (usually 120 degrees).
7. If you have been given a brace, unless instructed otherwise, you may remove the brace when using the CPM. The brace can then be replaced when not using the machine.
8. The person delivering the machine should leave you a contact number for any questions regarding the machine.

If you have any remaining questions, please do not hesitate to contact me or my assistant at (610) 922-6022.

Thank you,

Manoj P. Reddy, MD

