Continuous Passive Motion

Patient/Caregiver Instruction Material

The Continuous Passive Motion (CPM) machine is used as you recover from various types of joint surgery. As your incision heals, scar tissue forms. This tissue can be less elastic than normal tissue. Without movement, adhesions (improperly healed tissue) may occur. Once movement starts, adhesions may break causing pain and swelling, CPM can help prevent these problems. CPM, during the healing period, guides tissue growth that permits motion. Your doctor decides when it is the best time for you to begin using a CPM device.

The CPM is used to:
- Prevent joint stiffness.
- Relieve pain.
- Regain normal motion.

There are different CPM machines for most movable joints in your body. The continuous passive motion machine is powered by an electrical unit. This unit can be placed on a bed, table or chair.

The CPM has:
- A frame that adjusts to your body.
- Supportive padding.
- A power supply.

How to use the CPM: Your arm or leg rests in the CPM padded frame. The machine gently moves your joints. Your doctor decides on the degree of bending (flexion). The speed is adjusted to your comfort level. CPM therapy:
- May start with a small degree of bending that will be gradually increased.
- Can be used for 2 hours at a time (more or less as tolerated).
- Is used for 3-10 hours per day.
- Is stopped when the arm or leg is in an extended (straight) position.

When the CPM machine is adjusted to increase the amount of bending, you may have some discomfort. This should pass after a few minutes. If you have some discomfort, start bending at the previous level. Then work up to the expected level in a few minutes.

When you begin using the CPM, you need to know how:
- To place your arm or leg in the frame.
- To start & stop CPM machine many times a day and how long to use CPM,

Please review the user manual provided for more detailed instructions regarding your new equipment or contact our office. Thank you.