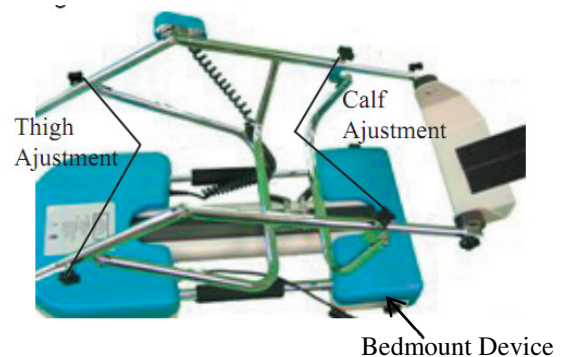




Controlled Passive Motion (CPM) machines are generally used post-surgery to aid in joint recovery. The goals of the CPM machine are to increase circulation in the joint tissues, control post-operative pain, reduce inflammation, increase range of motion and to prevent scarring in the affected joint. The CPM machine continuously moves the joint in a specified plane within a set range of motion from full extension to full flexion at programmable speeds (55-140 degrees per minute).

ADJUSTMENTS

The practitioner should adjust the machine to fit each patient. If you need to adjust the machine yourself the lengths of the thigh bars and calf bars can be changed by turning the knobs to the left shown in the picture and sliding the bars to the desired length and turning the knobs to the right to lock them in place.



During operation, the CPM may also slide along the bed. Slide the bed mount until it is firm against a solid barrier such as a foot board to prevent the machine from sliding and tighten the knob to secure it.

CPM SESSION INSTRUCTIONS

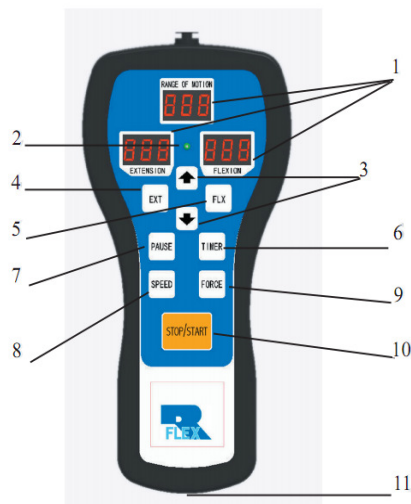
1. Position your leg on the CPM unit and secure the calf and thigh straps. Make sure that your knee is aligned with the joint on the machine.
2. Turn on the power switch located at the base of the machine.
3. Press the START/STOP key to initiate the CPM unit.

Unless otherwise instructed by the physician or physical therapist, follow the following instructions for your therapy sessions.

Begin your therapy with settings at 0 degrees for extension and 30 degrees for flexion. The session should last one hour and you should have three sessions each day. As tolerated, increase the range of motion 5 degrees of flexion each day.

R-FLEX CPM LED Display

1. LED Screen
2. Indicator Light
3. INCREASE/DECREASE Function Key
4. EXTENSION Setting Key
5. FLEXION Setting Key
6. TIMER Function Key
7. PAUSE Function Key
8. SPEED Function Key
9. FORCE Function Key
10. STOP/START Function Key
11. USB Communication Port



HAND CONTROLLER

To start or stop the machine. Press the START/STOP button.

To change Extension Range. Press the EXT key to display the extension value in the extension window then press the \uparrow or \downarrow to change the extension limit.

To change Flexion Range. Press the FLX key to display the flexion value in the flexion window then press the \uparrow or \downarrow to change the flexion limit.

Timer settings: Press TIMER to display the timer in the Range of Motion Window. Press \uparrow or \downarrow to change the value. To see the count down of the timer (time remaining) press TIMER key twice and the value will appear in the Range of Motion window.

IMPORTANT INFORMATION

- Contact your doctor immediately and discontinue use of the CPM machine if irritation, swelling, bleeding, or increased or persistent pain are observed.
- Make sure the hand control is accessible to the operator before starting. The start and stop button on the hand control is the only way of stopping motion.
- Keep liquids away from the product.
- Disconnect the power cord before cleaning. Wipe down with a damp cloth. Do not use liquid or aerosol cleaners.

Special Instructions:
