

Frequently Asked Questions:

1. What is a Continuous Passive Motion (CPM) device?

A CPM device is designed to move your injured limb/joint for an extended period of time. Depending on the location of your injury, you can wear the device or place your limb into it. Because your own muscles would eventually tire if you tried to move your limb yourself, each CPM device has a motor built in to gently do it for you. Your physician has prescribed a CPM device especially suited for this "motion phase" of your rehabilitation. There are many types of devices available for virtually all the joints of the body. The device that has been selected for you has special features which will benefit your recovery.

2. Why is moving my injured limb important?

Pain, stiffness, and swelling often accompany an injury or surgery making joint movement difficult. Unfortunately, adhesions (tethering of one tissue to another) are formed as a result of scar tissue being produced during the healing phase. It is now understood that early regular and constant motion to a joint significantly minimizes these negative effects of immobilization. The sooner you regain the ability to move your limb, the

sooner you can move towards recovery.

3. Does CPM replace the need for occupational/physical therapy?

No. CPM is a very important part of your prescribed therapy program. It is specifically designed to help you retain maximum flexibility and function so you can return to your normal activities as soon as possible. You will be better prepared to participate in the exercises and therapy program which are critical to your successful recovery.

4. Will CPM therapy be painful?

Our body's natural response to injury is the sensation of pain. When you have experienced injury or surgery to your tissues, there will most likely be some pain associated with motion, especially if your extremity has remained immobile for some period. You will simply experience a "stretching pain", which should decrease within a few minutes. Many patients feel the constant, slow motion of the CPM device actually reduces their pain and is soothing to the joint. Remember, CPM therapy should be relatively pain free.

5. How long am I going to use the CPM device?

The length of time you will use your CPM

depends on the type of injury you have and how quickly you respond. Your physician and therapist will monitor your progress closely. The daily amount of time prescribed was carefully selected and it is essential that you accurately adhere to this schedule.

6. Will I recover quicker if the CPM device is operating at a fast speed?

No. The speed of the CPM is usually set at a level that is most comfortable to you.

7. Should I change the settings on the CPM device myself?

Yes. During the initial setup of your CPM device, the Patient Service Representative will instruct you on how and when to change your device settings. The PSR will follow your physician's instructions regarding your range of motion and the amount of time to use your CPM. An instruction sheet is also supplied which explains step by step how to change your CPM's functions.

8. Is there a possibility I can acquire an infection from using the CPM device?

No. Your CPM device has been thoroughly cleaned and serviced prior to delivery. It is important the device be kept clean during use. Many devices are equipped with disposable soft goods,

so if wound drainage is present, liners can be easily replaced. Your Signature Medical Equipment, Ltd. CPM representative or hospital staff, will review proper cleaning and operation procedures with you.

9. Who do I contact if I have question about my CPM device?

If you are using the CPM while in the hospital, ask your nurse and they will be able to assist you. If you have been discharged from the hospital and are using the device in your home, contact your Signature Medical Equipment, Ltd. representative. Their name is located on the back cover of this booklet. Feel free to call them at any time.

10. What should I do when I am finished with the device?

Contact your Signature Medical Equipment, Ltd. CPM representative and they will arrange a convenient time to pick up the device.

Insurance benefits will be verified before delivery & setup. You may have deductibles and/or copays that you will be responsible for. Call your insurance company for full details concerning coverage and monetary obligations.



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Mission Statement

Signature Medical Equipment, Ltd. is committed to improving the quality of patient care by distributing innovative, high quality medical products and support services with pride and integrity.



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CONTINUOUS PASSIVE MOTION FOR THE KNEE

Bruce T. Henderson M.D.



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