



## CONTINUOUS PASSIVE MOTION (CPM) FOR THE KNEE

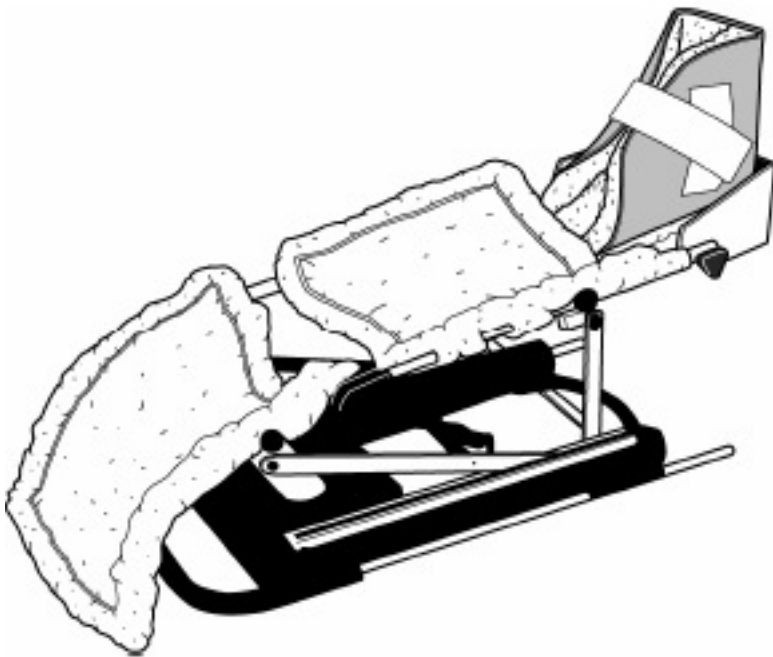
### HOW DOES THE CPM HELP YOU?

\_ CPM stands for continuous passive motion. It is a machine used to exercise the knee after surgery while you are in bed.

\_ Research has shown that CPM improves the health of the knee joint after surgery. Use of the CPM keeps the knee moving to help decrease excess fluid in the knee.

\_ Other benefits include:

- o Improve knee range of motion
- o Decrease pain after surgery
- o Shortened hospital stay



## HOW TO USE THE KNEE CPM?

1. Place the CPM on the bed.
2. Lift the affected leg on top of the pads of the CPM with the knee straight. You may need to roll to your side to make it easier to place the CPM.
3. For proper fit, the bend of your knee, called the axis, should match to the bend in the CPM. The therapist will adjust your CPM the first time it is used.
4. The Knee CPM is often used for 4 hours and then taken off for 4 hours. Your doctor will decide the settings and the amount of time you are to use the machine. The settings may change as you progress

