

# CPM Guide

**Objective:** To allow technicians a quick reference sheet for CPM set-up instructions to increase accuracy and improve patient care.

- | <u>Step</u> | <u>Action</u>  |
|-------------|--|
| 1.          | Identify the proper placement of CPM location. It should be in the same location that the patient would be using in their home. Discourage patients from moving the CPM from one room to another, for this may cause the alignment of the fitting to get moved.  |
| 2.          | Apply all of the padding to the machine as directed by manufacture.  |
| 3.          | Place the CPM next to the patient to estimate the length. It is better to over-estimate the length and shorten it for the patient. Keep the foot portion of the CPM loose to allow for movement when the patient gets into the CPM.  |
| 4.          | Set the CPM to 40 – 45 degrees.  |
| 5.          | Place the patient's leg into the machine and begin your adjustments working down the leg fitting the foot last.  |
| 6.          | The knee should be aligned with the hinge of the machine fitting directly with the knee. To check this step, use the machine to bend the knee. Next fit the lower leg and then finally the foot. The foot plate should not be pressed against the foot and the foot should be in a comfortable position.   |
| 7.          | The patient should be educated on knee placement and how it should be checked each time they enter the CPM. They also need to be instructed that the thigh strap and foot strap should be placed tightly around the leg.   |
| 8.          | <b><i>Safety Education:</i></b> The patient should have no sharp pain with the use of the CPM. There may be a pull at the knee and that is normal. If they increase the degree there will be higher initial pain when reaching the higher range. There should be no bruising of the hip or calf, if this occurs the padding is not tight enough or the machine is not in proper alignment. |
| 9.          | <b><i>CPM should be used under the direction of a physician or therapist.</i></b> Any questions about setting or duration should be directed to the treating doctor or therapist.  |

# Otto Bock®

QUALITY FOR LIFE



## **480-520 Knee CPM Device Patient Instructions for Use**

## SAFETY CONSIDERATIONS



### **Danger!**

Keep hair, loose clothing, fingers, etc., away from moving components of the device.



### **Danger!**

Do not expose the device to water, including ice bags. Do not expose to extreme temperatures.



### **Danger!**

Turn the power off before unplugging.



### **Danger!**

Do not use the device, power supply or controller if it appears damaged or if there are exposed wires.



### **Danger!**

Do not pour cleaning solution directly onto the device. This may allow fluids to damage the device.



### **Note!**

When the device is not in use, turn it off and unplug the power supply.



### **Note!**

If you have pain, discomfort or treatment questions, contact your physician.

### **For United States Only:**

For Emergency Planning/Transportation in the United States, contact the Red Cross at 800.234.5ARC (234.5272)

For Senior Services in the United States, contact Elder Care at 1.800.677.1116

For questions regarding claims, billing or reimbursement, please contact your reimbursement specialist at 1.800.711.2205 8 AM to 5 PM (Mountain Time Zone, no DST)

For questions about your CPM device, contact your local representative at 1.800.RENT.CPM (800.736.8276)

For Customer Service, contact us at 1.800.225.1814 - 8 AM to 5 PM (Mountain Time Zone, no DST)

\* NOTE: To protect the patient, settings may be locked to allow only medical/clinical professionals to make changes to the CPM device settings. Locking the settings will require a Special Key Sequence. Please contact your Authorized Service Representative, Dealer, or Distributor for this or answers to any other questions you may have.

# Introduction

The 480 and 520 Knee CPM Devices offer continuous passive motion for your knee after surgery. These knee CPM devices are operated with a Motion Controller, which allows you to start, pause and stop the activity of the device. The Motion Controller also allows you to make changes to certain functional settings (including Warm-up, Flexion and Extension Range of Motion, Speed, and Pause Time) depending on your Physician's prescription.

Fig 1

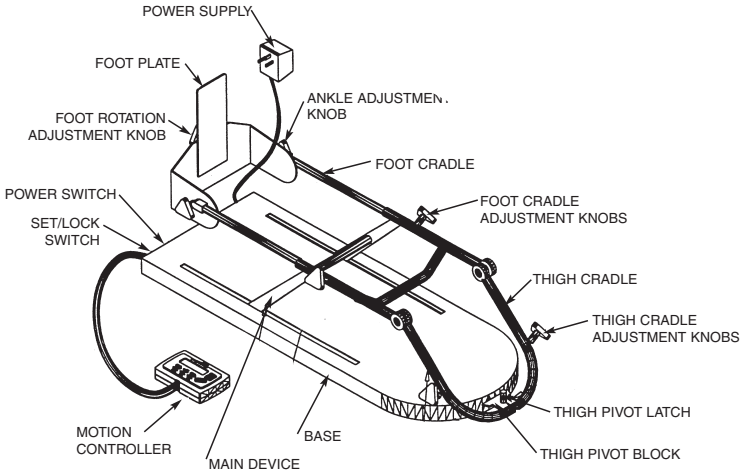
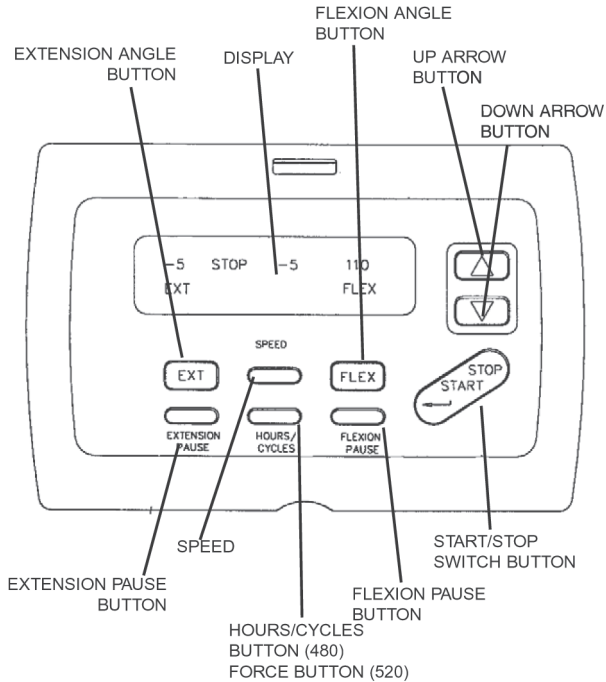


Fig 2



## Turning on the Device

Turn device on via the POWER switch located at the base of the device (Fig.1).

Note: Each time the device is powered up, the extension, flexion, speed and pause settings will be the same as when the device was last run. The SET-Lock Switch (next to the base power switch) should be in the SET position to make settings.

## Start/Stop Control Button

You may stop and restart the CPM at any time by depressing the START/STOP button on the Motion Controller. The device will proceed in the opposite direction upon restarting.



### **Danger!**

Adjust Motion Settings only under physician's or Therapist's orders.

## Warm-Up Feature

Turn on the device from the POWER Switch located at the base of the device. In the motion controller display window you will be prompted with a choice of whether to initiate the WARM UP feature or not. You must choose Y (yes) or N (no) to proceed.

### **Selecting the Warm Up Feature:**

Choose Y (yes) by pressing the EXT button on the Motion Controller.

### **By-Passing the Warm Up Feature:**

Choose N (no) by pressing the FLEX button on the Motion Controller.

### **De-selecting the Warm Up Feature:**

To turn off the Warm Up feature, turn the device off then on again at the POWER Switch. Select N (no) to exit the Warm Up feature prompt.

## Setting Range of Motion (ROM) Parameters

The 480 achieves a maximum ROM of  $-5^{\circ}$  extension to  $110^{\circ}$  flexion.

The 520 achieves a maximum ROM of  $-10^{\circ}$  extension to  $125^{\circ}$  flexion.

The ROM settings are continuously displayed in the Motion Controller.

To set the ROM parameters, press and hold the EXT or the FLEX button while simultaneously depressing the desired Up arrow or Down arrow buttons (Fig.2).

The Extension and Flexion angles will change slowly for the initial 5 degrees to allow for precise adjustment); following this, the parameters will change rapidly to allow for quicker adjustment.

## Setting Speed

The device operates at speed cycles from 1 to 10 minutes per cycle.

To check the speed setting, depress and hold the SPEED button. To adjust speed, depress and hold the SPEED button while simultaneously depressing either the Up arrow (to increase speed) or Down arrow keys (to decrease speed).

## Setting Pause Time

A pause time of between 1 and 30 seconds can be set, causing the device to pause at the end of flexion and extension. These will be prescribed by your physician.

To adjust or set the pause settings, hold the Extension Pause or Flexion Pause button down while simultaneously depressing the desired up or down arrows.

## Device Trouble Shooting

**Problem:** The Device is not working:

- Make sure the device is plugged into the outlet.
- If a light switch operates the outlet, make sure the switch is turned on.

**Problem:** Device stops at either top or bottom of the ROM.

- Pause button needs to be reset to zero. See "Setting Pause Time" section above/ on previous page.

**Problem:** Controller displays an error code.

- Device needs to be reset. Turn the device off at the base power switch and wait 30 seconds before turning back on.