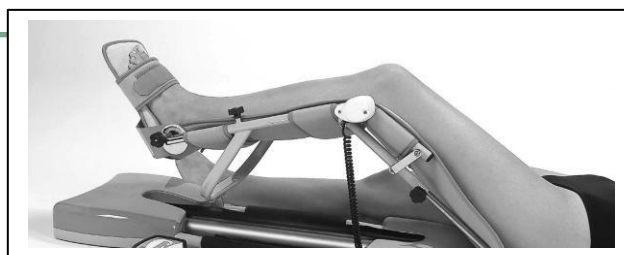




### Understanding Your CPM The OptiFlex<sup>3</sup> or The Spectra Basic Patient Education



**PURPOSE:** Continuous Passive Motion (CPM) devices are powered units that provide joint flexion & extension movements for individuals recovering from joint surgeries or injuries. They are prescribed by your physician as part of your rehabilitation and treatment program. They are utilized to speed post-op of range of motion recovery, prevent joint stiffness, reduce joint swelling and pain, and promote healing.

#### PRECAUTIONS

- DO NOT use a CPM if unstable fractures, uncontrolled infection, warped joint surfaces, deep vein thrombosis, or spastic paralysis are present.
- Plug unit into grounded electrical outlet.
- Avoid fluids in the vicinity of the CPM unit due to potential unit damage and electrical shock.
- Avoid smoking or heat sources near the CPM unit as fleece liner is flammable.
- Keep loose clothing, hair, fingers, linens and children away from unit when in operation due to moving parts.
- Keep CPM unit and hand control on a stable/level surface at all times to avoid injury to the patient; dropping the unit or hand control may cause unit damage and malfunction.
- Use as directed by your physician and allied healthcare professional; they will prescribe your session duration, adjustment settings & frequency. DO NOT change any settings on your unit without direction from your healthcare professional.
- Ensure the patient has the hand control within reach at all times and demonstrates how to utilize the start/stop/reverse(comfort) function on the hand control.
- Align the knee with the hinge joint on the CPM before initiating any therapy session.

#### PROCEDURE

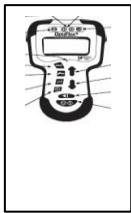
1. Secure the fleece liner over the footplate and side bars of the CPM unit using the Velcro tabs.
2. Adjust the CPM unit to fit the patient thigh length, lower leg length and foot angle before initiating use of this device:
  - a. Adjust the upper leg(femur) distance at the top of the unit to short, medium or long setting to accommodate leg length from groin to knee; loosen the setting lock knob, lengthen or shorten the adjustment bars, tighten the knob to maintain proper fit of the unit. The knee should rest at the level of the hinge joint on the unit.
  - b. Adjust the lower leg(tibia) distance at the bottom of the unit so the leg rests comfortably in the lower unit without pressure on the bottom of the foot; loosen the setting lock knob, lengthen or shorted the adjustment bars, tighten the knob to maintain proper fit. The knee should rest at the level of the hinge joint on the unit with the leg comfortably positioned in the unit.
  - c. Adjust the foot plate angle/position for comfort or as directed by your healthcare professional; loosen the setting knob, position the footplate, tighten the knob to maintain proper fit/support. The footplate can be reversed and reassembled for pediatric limb size accommodation.



3. A trained professional will set the program values for treatment on the hand control; the physician or therapist will prescribe the unit settings and frequency/duration of treatment. It is recommended that lock mode is applied after settings are entered to avoid accidental changes by the patient.

*Manufacturer specific references are recommended in addition to this general guide to identify details for inputting flexion, extension, speed, force and lock settings. Other hand control specifics are found on the unit specific reference as well as unit operation details. Optiflex<sup>3</sup> or Spectra Manufacturers operation manual can be requested from your equipment provider.*

- a. **Spectra** default settings engage when the start button is pressed: extension 30°, flexion 90°, speed 2, force 6, pauses 0. To change these parameters refer to the Spectra hand control key guide; press the desired function key then the up or down arrow to select the desired setting, wait 3 seconds or select another function key set the value. LOCK; press “UP” and “DOWN” arrows simultaneously.
- b. **Optiflex<sup>3</sup>** Unit default settings are force=10 which can be changed by pressing speed and E/F delay simultaneously then the down arrow, other defaults are unspecified. Refer to the OptiFlex hand control guide; press the desired function key then the up or down arrow to select desired extension, flexion, speed and delay settings, values are set when another key function is selected. LOCK; press the Mode button and “UP” arrow simultaneously.



4. Position the CPM unit on a flat stable surface free of objects or debris before beginning your therapy session.

- a. Plug the unit into a grounded outlet & position cord to avoid tripping hazards.
- b. Position yourself comfortably and place your leg into the pre-adjusted CPM unit with the knee positioned at the hinge level, then apply the fleece secure strap over the lower leg.

5. Press the “START” button on the hand control to engage the preset therapy and position the hand control within easy reach. Proceed with the session for the time directed by your healthcare agent.



- a. For pain or discomfort the “Comfort” button on your hand control or the “STOP” then “START” buttons can be pressed to reverse the action of the unit at any time.
- b. CPM setting intolerances should be discussed with your healthcare professional or physician before making any changes.

**Notify THERAPY SUPPORT when you are no longer using your equipment to arrange for equipment retrieval. The fleece linings can be removed and discarded; the equipment provider will pick up only the electrical cords, the CPM unit and the hand control. CPM or hand control malfunctions should be reported to you equipment provider for service.**

The basic information given in this handout does not replace the manufacturer’s suggested use guidelines. For more information go to <http://therapysupport.com/info> for the complete owner’s manual. Please contact Therapy Support @ 877-885-HEAL for any questions, service, or repairs.