

## Continuous Passive Motion (CPM) Therapy

A post-operative, therapy that passively — without patient effort— moves a joint through a prescribed range of motion, referred to as ROM, for an extended period of time helping you heal as quickly — and as well — as possible.



### Continuous Passive Motion (CPM) Therapy

#### What is CPM Therapy?

CPM therapy is generally applied after surgery, although it can be used in certain non-surgical situations.

CPM therapy moves affected joints—such as a knee, shoulder or even a toe— through a natural range of motion. This motion has been found to improve joint nutrition and stimulate the healing of cartilage, ligaments and tendons, while preventing adhesions that can occur if the joint remains static.

Your doctor may prescribe CPM therapy to begin right after surgery. It can last for a day or two in the hospital, or continue for up to six weeks at home, depending on your unique situation.

### What to expect while using your Otto Bock CPM device

#### Your Therapy

Otto Bock Patient Service Representatives work with your medical team to make sure you have the support you need—both before and after surgery.

If your doctor prescribes it, one of our Certified Orthotic Fitters may fit a brace on you to offer additional support before your surgery. After the surgery, we'll fit the prescribed therapy device on you in the hospital or at home.

#### We Come to You

Otto Bock HealthCare is dedicated to providing you with the highest quality of homecare therapy available. To arrange for home therapy, your doctor or office nurse calls our certified patient service representative. We discuss your upcoming surgery and make arrangements with you to deliver your CPM device and any other orthopedic or rehab products your doctor has prescribed for you at home. We set the CPM device up, adjust it, and show you how it is used. For the duration of your home CPM use, we are available to assist you whenever you have concerns about the equipment. You can only benefit from CPM if you use it as prescribed, so we monitor your progress and communicate with your doctor or therapist if necessary. When your therapy is complete, just call us at 1-800-RENT-CPM and we will pick up the CPM device. Our team approach makes the whole process easy for everyone.



### Lower Extremity CPM

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### Upper Extremity CPM

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### Kurt F.

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