

# operating the 480 & 520 knee CPM units

## Device Trouble Shooting

IF THE CPM DEVICE IS NOT WORKING,  
CHECK FOR THE FOLLOWING:

The device is plugged into the outlet.

The outlet has an electrical source.

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.

### POSSIBLE CAUSES

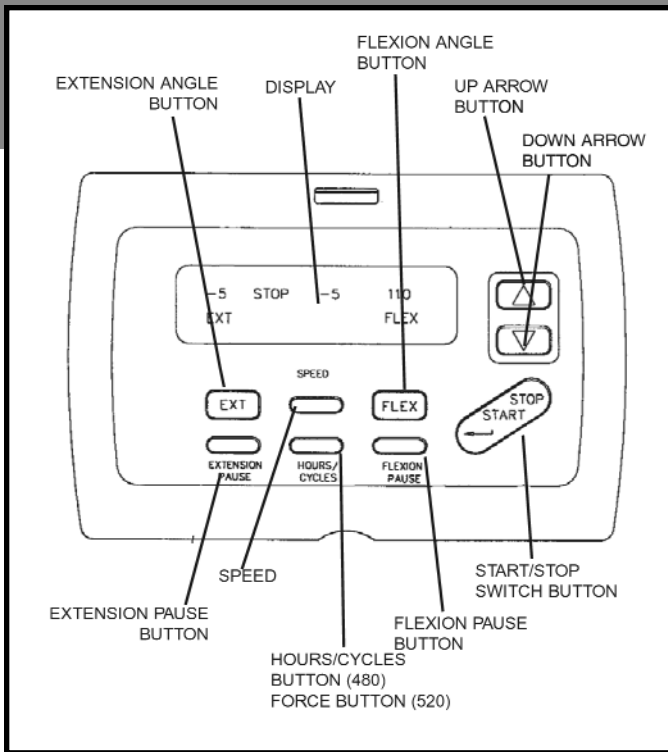
Pause button needs to be reset to zero, press to reset.

### PROBLEM

Controller displays an error code.

### POSSIBLE CAUSES

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



## TURNING ON THE DEVICE

Turn device on via the POWER switch located at the base of the device. 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 Lock-Out Switch should be in the SET position.

## PATIENT STOP/START CONTROL BUTTON

The patient 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.

## WARM UP FEATURE

Turn on the device from the POWER Switch located at the base of the device. In the motion controller display window the operator is prompted with the choice of whether to initiate the WARM UP feature or not. The operator 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. Then select N (no) to the Warm Up feature prompt.

## SETTING RANGE OF MOTION (ROM)

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.

### Setting ROM Parameters:

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

## SPEED SETTING

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.

### PAUSE SETTINGS

The device allows for pauses in motion at the top or bottom of the range of motion (ROM). These will be prescribed by your physician.

### Setting/Adjusting a Pause:

Hold the Extension Pause or Flexion Pause button down while simultaneously depressing the desired up or down arrows. CAUTION: ADJUST MOTION SETTINGS ONLY UNDER PHYSICIAN'S OR THERAPIST'S ORDERS.



# getting back to motion!



Your doctor just chose the best for you. OrthoRehab is passionate about motion and we have the products and devices that, as part of your rehabilitation, will help your recovery take a big step forward.

As the leading accredited provider of Continuous Passive Motion (CPM),

OrthoRehab's people and products have consistently been among the top ranked rehabilitation companies with surgeons, therapists and patients. Now that your surgery is over, our CPM therapy will play a key role in your recovery.

With over a decade of continual research and development, our CPM devices set the industry standard for quality and technological capability. This dedication continues today and can be seen in our wide array of CPM devices and other orthopaedic products. Working with leading surgeons and physicians, we continue to provide products and services that smooth your road to recovery.

## What is CPM?

CPM is a post-operative, therapeutic modality that passively (without patient effort), moves a joint through a prescribed range of motion, referred to as ROM.

Most of the time after orthopaedic surgery or other joint trauma, it is painful to move a joint actively (with patient effort), so most people will keep the joint still. The problem with this is that joints get stiff when they are not moved. CPM is beneficial because it keeps the joint moving effortlessly, in a slow, controlled pattern. This motion increases blood flow to the injured tissue.

CPM is safe and effective, and in the long-term it will help to maintain your ROM, decrease your pain, and keep you moving.

## Service Beyond the Equipment

OrthoRehab has sales and service individuals nationwide, and a full staff of representatives that work with your doctor and insurance company every step of the way.

To arrange for home therapy, your doctor or office nurse calls an OrthoRehab representative. We discuss your upcoming surgery and make arrangements with you to deliver your CPM device and any other orthopaedic 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. 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 and we will pick up the CPM device. Our team approach makes the whole process easy for everyone.

## Processing the Paperwork

Most medical insurance policies provide orthopaedic home therapy benefits. OrthoRehab is a "third-party biller" and, as a courtesy, we will take care of communicating with your insurance company to work on getting a pre-verification of insurance coverage and an authorization for a CPM device. While you are still responsible for the total amount due, most insurance companies will pay 80% of the cost, after your deductible is met. If you are not sure about your insurance coverage, contact your insurance claims payment office with questions concerning your policy.

In addition to a line of CPM devices for almost every major area of the body, OrthoRehab also carries a large variety of orthopaedic items including electrotherapy, cold therapy, bracing and compression therapy products. Our reimbursement specialists can help you with the paperwork on these items also.

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## SAFETY INSTRUCTIONS

- Keep hair, loose clothing, fingers and all parts of the body away from moving components of the device.
  - Do not expose the device to water or extreme temperatures.
  - Turn the power off before unplugging.
  - Unless using the device or recharging the battery, turn the device off and unplug from the power supply.
  - Do not use the device, power supply or controller if it appears damaged or if there are exposed wires.
  - Do not pour cleaning solution directly onto the device. This may allow fluids to damage the device.
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**If you have pain, discomfort or treatment questions, contact your physician.**

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

**For Senior Services, contact Elder Care at 1.800.677.1116**

For questions regarding claims, billing, and reimbursement, please contact your reimbursement specialist at: 1.800.711.2205 8 AM to 5 PM (AZ)

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

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For Customer Service, contact us at: 1.800.225.1814 8 AM to 5 PM (AZ)

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