

# operating the A3 ankle CPM unit

## 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.

### KEYS

The Patient Thumb Switch is turned off and the Motion Controller remains on.

The Motion Controller will retain the ROM limits indefinitely.

The Patient Thumb Switch is turned off and the Motion Controller is turned off.

The Motion Controller will retain the ROM limits for approximately three minutes. After three minutes, refer to Step 4 to reset the Limits.

### FOR COMBINED PLANES OF MOTION

To combine the above planes of motion, the Actuator may be positioned at any Stop Point located at 10\_ increments along the Actuator Ring. The combination of motion varies with the placement along the Actuator Ring.

Position the Actuator: The Motion Controller is turned on. The Patient Thumb Switch is turned off. Press the first Forward/Reverse Button until the degrees of motion are achieved on the goniometer. Press Limit 1 on the Motion Controller twice.

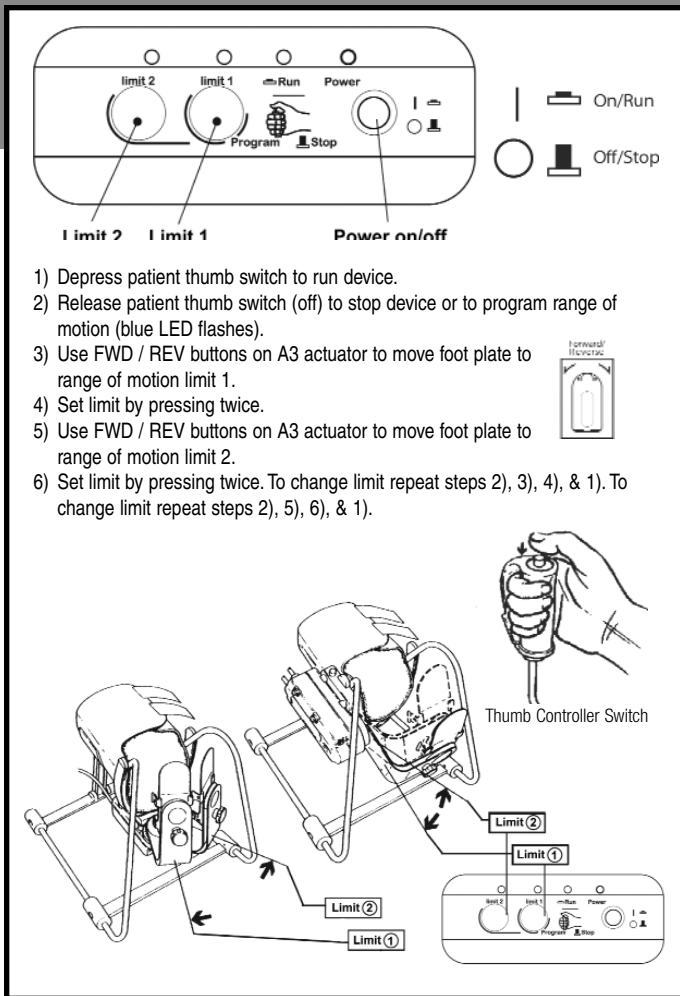
Press the other Forward/Reverse Button until the degrees of motion are achieved. Press Limit 2 on the Motion Controller twice.

### CHANGING THE RANGE OF MOTION

Using the Patient Thumb Switch, stop the device when the blue LED turns on at the Limit to be adjusted. Press the Forward/Reverse Buttons until the ROM is increased or decreased. Press the Limit Switch twice for the same blue LED to enter the new ROM limit.

Note: When adjusting to the new limit, do not cross the other ROM limit or come within 5 degrees of that limit.

CAUTION: ADJUST MOTION SETTINGS ONLY UNDER PHYSICIAN'S OR THERAPIST'S ORDERS.



- 1) Depress patient thumb switch to run device.
- 2) Release patient thumb switch (off) to stop device or to program range of motion (blue LED flashes).
- 3) Use FWD / REV buttons on A3 actuator to move foot plate to range of motion limit 1.
- 4) Set limit by pressing twice.
- 5) Use FWD / REV buttons on A3 actuator to move foot plate to range of motion limit 2.
- 6) Set limit by pressing twice. To change limit repeat steps 2), 3), 4), & 1). To change limit repeat steps 2), 5), 6), & 1).

The Actuator is positioned at the upper side (left or right) of the Actuator Ring. The Motion Controller power is turned on. The Patient Thumb Switch is turned off.

### FOR DORSIFLEXION/PLANTAR FLEXION

To set Dorsiflexion, press the Forward/Reverse Button on the Actuator until the required degrees of motion are achieved on the goniometer. This is the first end point. Press the Limit 1 Button on the Motion Controller.

To set Plantar Flexion, press the Forward/Reverse Button on the Actuator until the required degrees of motion are achieved on the goniometer. This is the second end point. Press the Limit 2 Button on the Motion Controller.

### FOR INVERSION/EVERSION

The Actuator is positioned at the bottom of the Actuator Ring. The Motion Controller Power is turned on. The Patient Thumb Switch is turned off.

To set Inversion, press the Forward/Reverse Button on the Actuator until the degrees of motion are achieved on the goniometer. Press the Limit 1 button on the Motion Controller twice.

To set Eversion, press the other Forward/Reverse Button on the Actuator until the required degrees of motion are achieved on the goniometer. Press the Limit 2 Button on the Motion Controller twice.

# 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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passionate about motion.