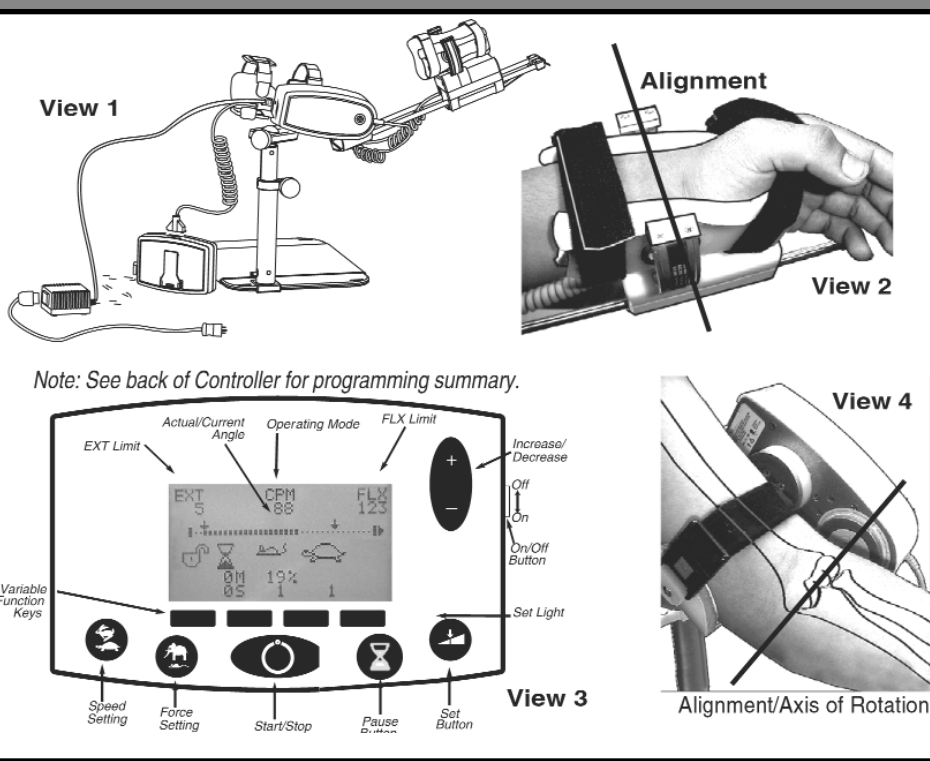


operating the E3 elbow CPM/PSR unit



Note: See back of Controller for programming summary.

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 CAUSE

Pause needs to be reset to zero.

PROBLEM

Controller displays an error code.

POSSIBLE CAUSE

Device needs to be reset. Press Start/Stop or turn the device off at the power switch and wait 30 seconds before turning back on.

PROGRAMMING OPERATING FEATURES

- Turn the controller on by moving the On button at the right side of the unit down. (See View 3.)
- If setting up a new patient, Select the “New Patient, Y” key. This ensures the previous patient programmed settings are erased and the Compliance Monitoring feature is reset.
- For a previous patient or ongoing use, select the “New Patient, N” key and the previous session’s settings will be reestablished.

SETTING THE TREATMENT MODE (New Patient Screen)

- Select PSR or CPM mode by pressing the appropriate variable function key beneath the screen.

SETTING THE ROM

- Select the elbow or wrist axis by depressing the appropriate variable function key to set ROM. Note: Both axes can be programmed while in CPM mode if desired.

Elbow, Flexion/Extension

Depress + or - keys to increase or decrease the ROM settings.



Depress the variable function key underneath “Exit” to return to previous screen.

- Repeat the above instructions for forearm pronation/supination.
- Depress the Set key to save the ROM settings or program the Force, Pause or Speed for the axis of motion. The light shuts off and treatment can begin.

SETTING THE FORCE, PAUSE AND SPEED FUNCTIONS

- Stop the unit by depressing the Start/Stop key.
- Depress the Set key (a green light illuminates to indicate the key has been depressed.)
- Select the desired function to be set (Force, Speed or Pause keys).
- Adjust the function by depressing the + or - keys to increase or decrease.
- Depress the Set key (the light will go off) store the settings and go to run mode. In CPM mode when two axes are programmed, you will be prompted for “sync: yes no”; press appropriate variable function key.

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

Operating Feature & Display Icon	Description
FLX	Elbow Extension Range of Motion - Displayed at the top of the LCD display when elbow is being manipulated. Range is set when “Set” key is pressed and elbow is selected.
EXT	Elbow Extension Range of Motion - Displayed at the top of the LCD display when elbow is being manipulated. Range is set when “Set” key is pressed and elbow is selected.
PRO	Forearm Pronation Range of Motion - Displayed at the top of the LCD display when the wrist is being manipulated. Range is set when “Set” key is pressed and wrist is selected.
SUP	Forearm Supination Range of Motion - Displayed at the top of the LCD display when the wrist is being manipulated. Range is set when “Set” key is pressed and wrist is selected.
	Warm Up Mode - Warm Up is available in CPM mode. Treatment starts at 50% of the set range and gradually increases.
CPM	Continuous Passive Motion (CPM) Operating Mode - In CPM mode the device continually travels between the programmed ROM extremes.
PSR	Progressive Stretch Relaxation (PSR) Operating Mode - In PSR mode the device will sequentially pause three times (60%, 75% and 90% of the set force) every cycle before changing direction. The user programs the pause time. PSR operates within the programmed ROM. PSR mode is available in only one axis of motion at a time.
	Lock / Unlock - The “+” and “-” buttons are depressed during power up to lock or unlock settings.
SYNC	Synchronized Motion Feature is available only in CPM operating mode. The SYNC feature synchronizes the maximum programmed flexion with the maximum programmed supination. If synchronized motion is not selected, the programmed pro/sup motion will be completed at 90° flexion or as close to 90° as programmed.

Compliance Monitor **The Compliance Monitor** logs the daily total running hours and maximum range of motion for the last 48 days. To display the stored information, depress the “Pause” key and switch on the power.



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.

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)

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 (AZ)

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