

operating the L4/L4K knee CPM unit

Device Trouble Shooting

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

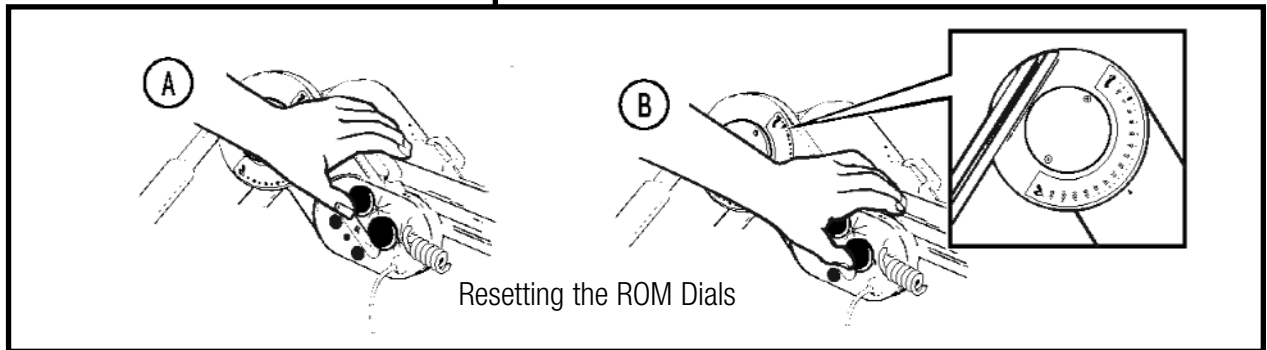
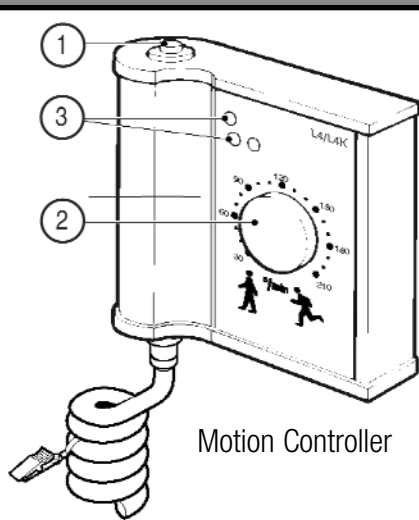
The device is plugged into the outlet.

The outlet has an electrical source.

If a light switch operates the outlet, make sure the switch is turned on.

The Motion Controller is plugged in and turned on.

Resetting the ROM Dials



MOTION CONTROLLER

The L4 Motion Controller stops and starts the device and regulates its speed. Pressing the On/Off button on the Motion Controller twice reverses the device's direction. The Controller Cable connects the Motion Controller to the device at the Motion Controller Connection Port on either side of the machine.

1. On/Off/Reverse Button
2. Speed Control Dial ($\dot{\theta}$ /minute)
3. Indicator Lights (Green = On; Blue = Off)

POWER SUPPLY

Plug the Power Supply into a grounded wall receptacle. Plug the Power Supply into the Power Connection Port on the CPM device (left or right side).

The Indicator Lights will come on when the device is plugged in.



KNEE RANGE OF MOTION

Setting Range of Motion Using Indicator Lights. To set the device to patient tolerance, the indicator lights can be used to establish motion parameters. Begin with the device at 0° position.

1. To set flexion, press the blue button located below the flexion symbol to move the device to patient tolerance (see Fig. A). Stop the device and rotate the flexion dial until the indicator light turns off (see Fig. B). Flexion is now set.
2. To set extension, repeat the above steps using the extension button and dial.
3. To change the ROM parameter, rotate each dial to the new settings.

ANKLE RANGE OF MOTION

Release the Ankle Lock Knob and adjust until the blue dot aligns with the desired setting on the Ankle Goniometer.

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

ORTHOREHAB™

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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