

## OPTIFLEX K1 KNEE CPM INSTRUCTIONS

**PURPOSE:** Continuous Passive Motion (CPM) units are electrically powered devices that move a specific joint through its range of motion. By using a motorized device to gradually move the knee joint, it is possible to significantly accelerate recovery time by decreasing joint stiffness, increasing range of motion, promoting healing of joint surfaces and soft tissues, and preventing the development of motion-limiting adhesions (scar tissue).

**USE:** The CPM unit is always setup by your therapist or a Rehab Technologies technician. The settings for the machine are prescribed by a surgeon or physical therapist. The usual goal is increasing 5 - 10 degrees a day until reaching the prescribed setting ordered by your physical/therapists. The usual goal is 90-110 degrees. Six to eight hours per day is common, but should be determined by your physician or therapist.



### To Program settings:

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**Press Flexion**  
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### To Discontinue use:

1. Allow your leg to become fully extended (the lowest point).
2. Stop the machine with the hand control, loosen or remove any straps.

### Things to remember:

The CPM should never increase pain level.

While in the CPM, let the machine do the work. No flexing, tensing, or helping it move.

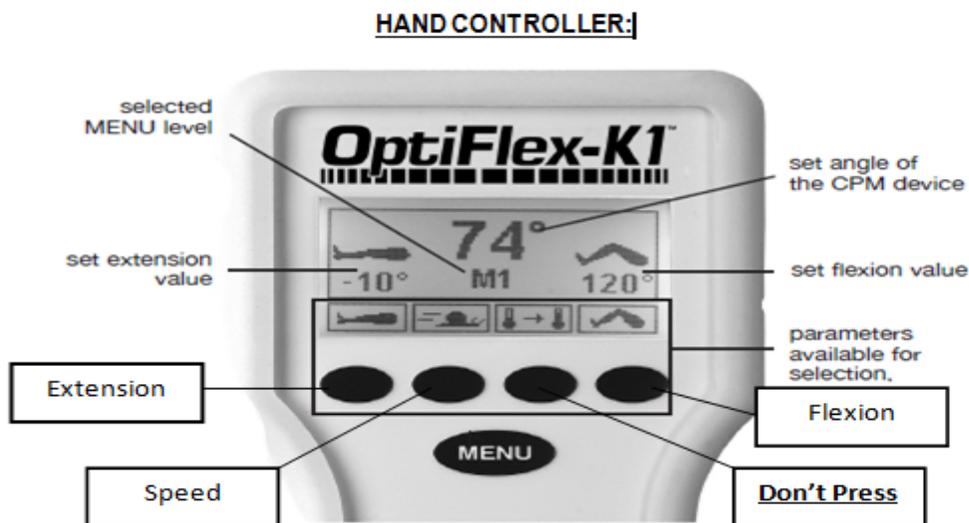
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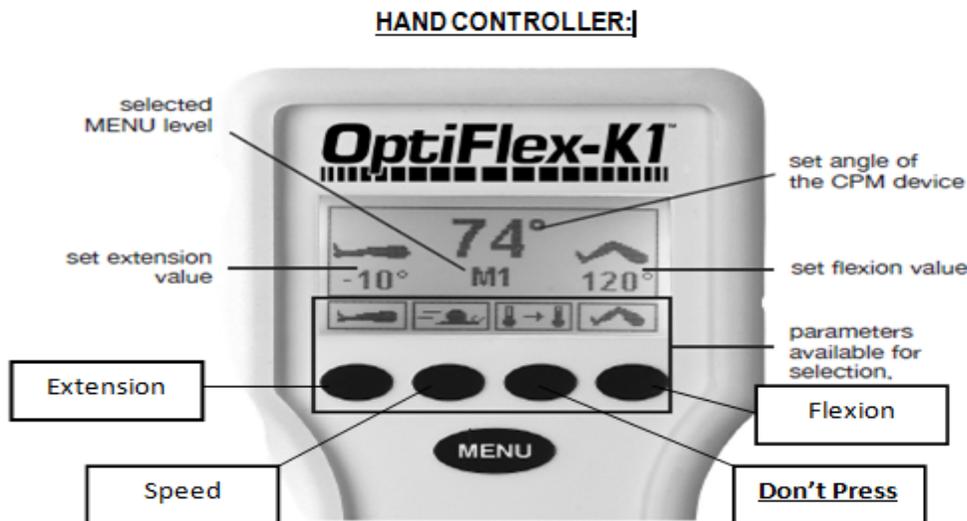
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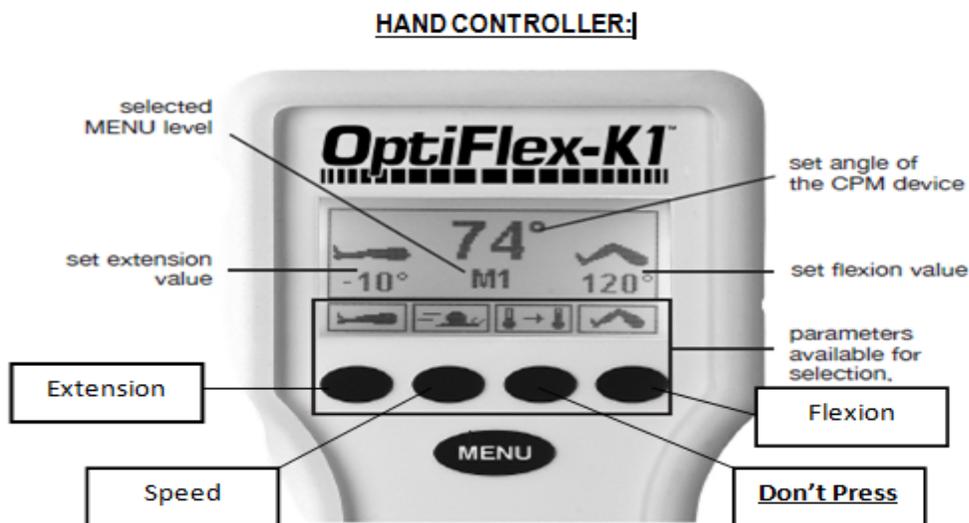
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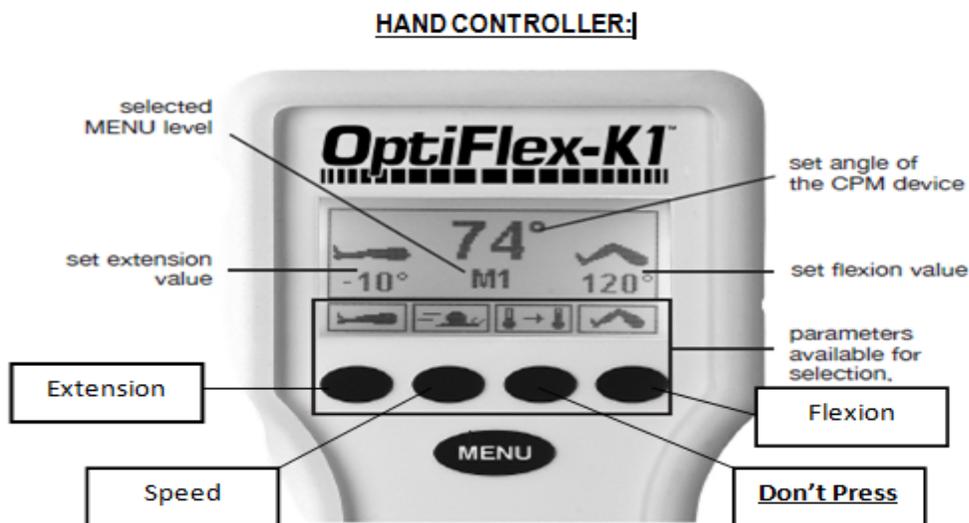
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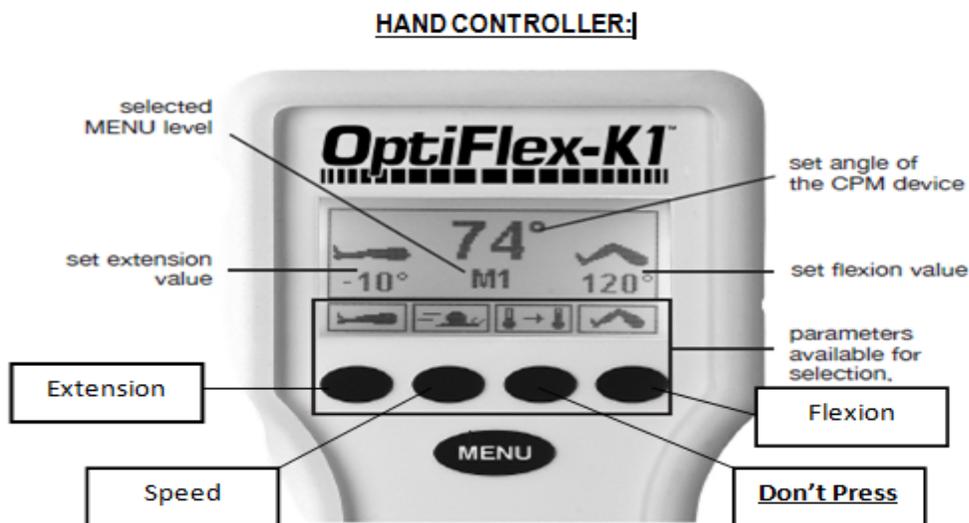
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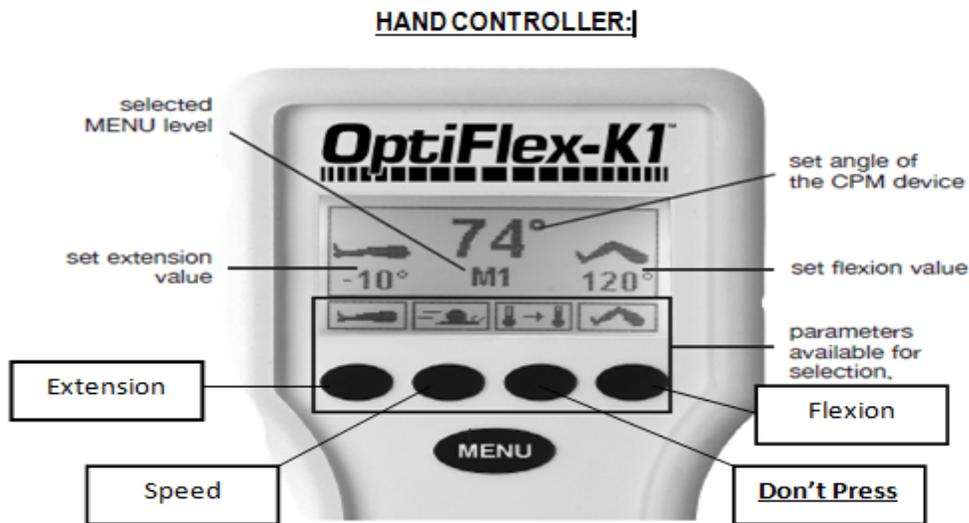
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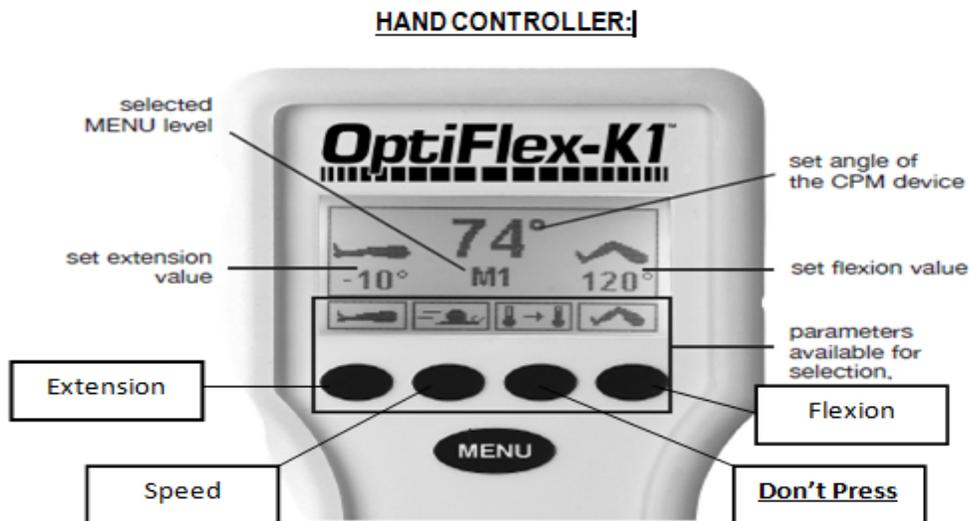
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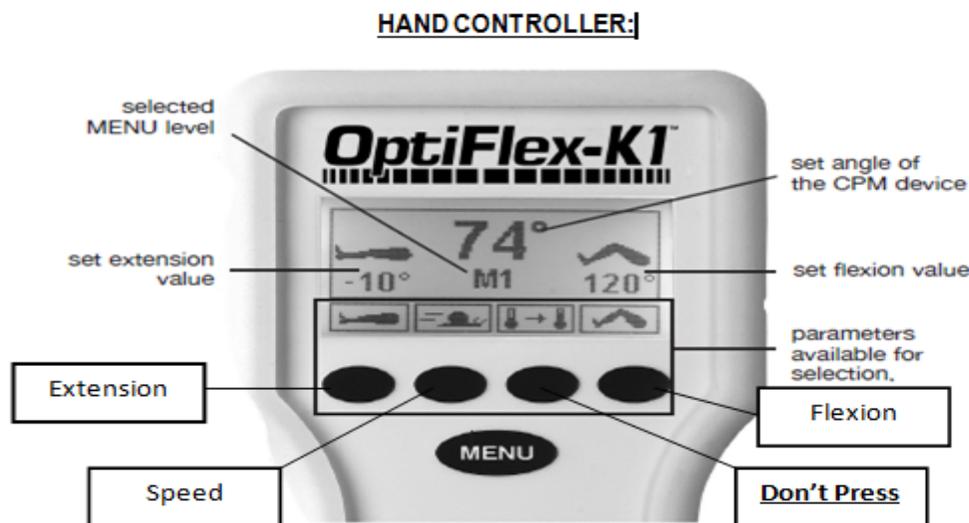
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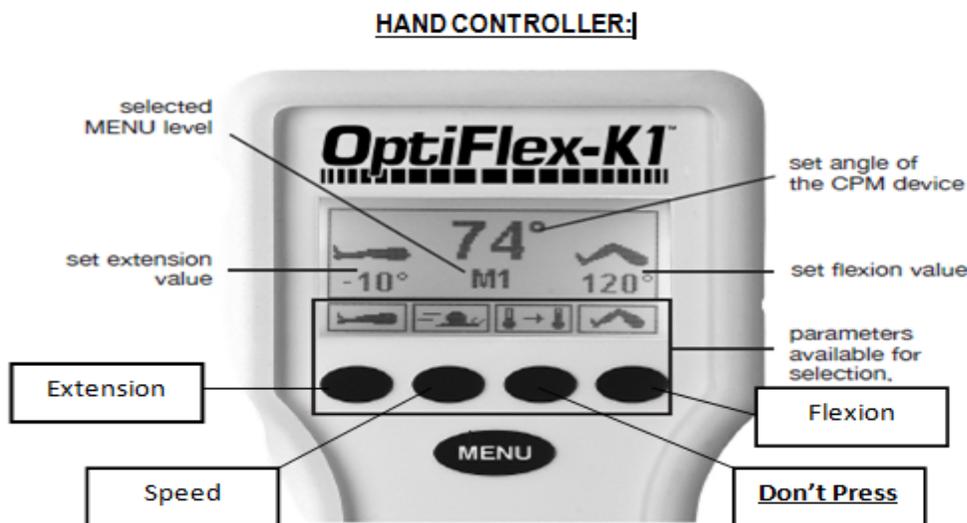
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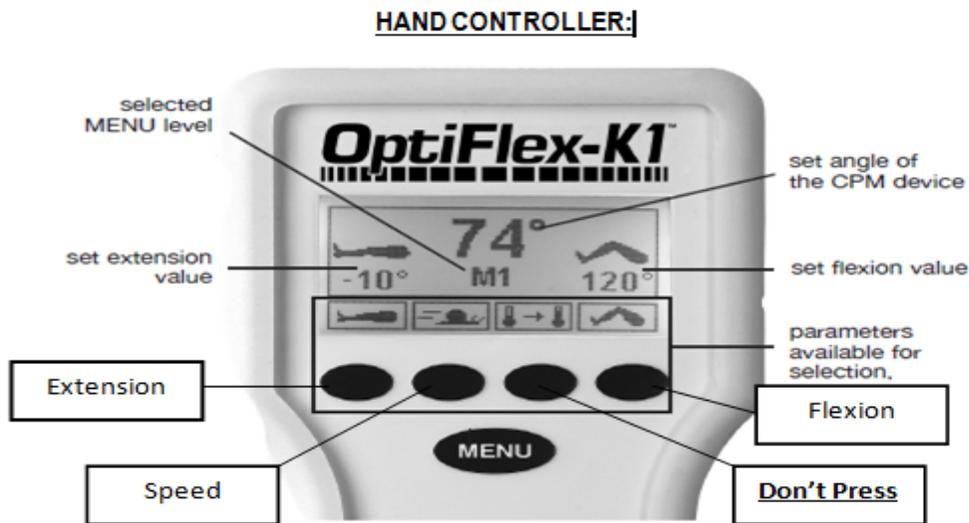
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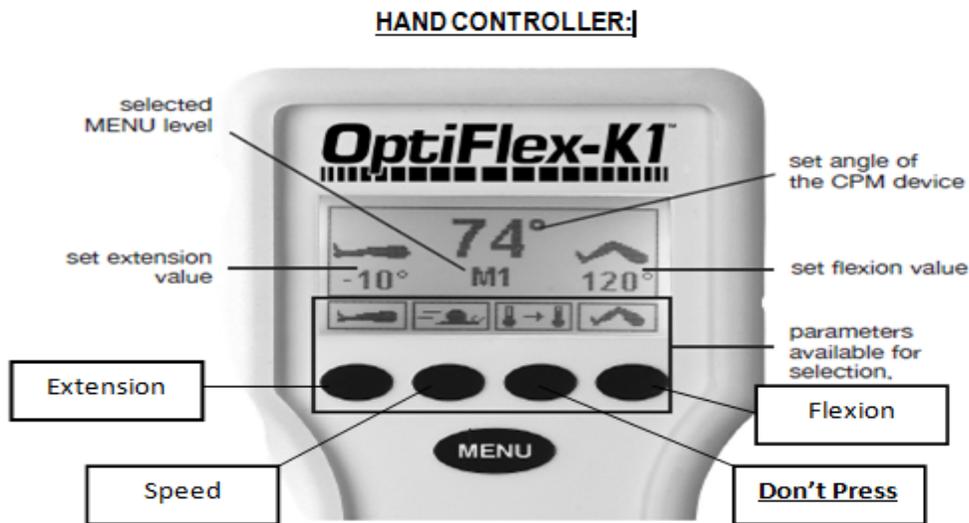
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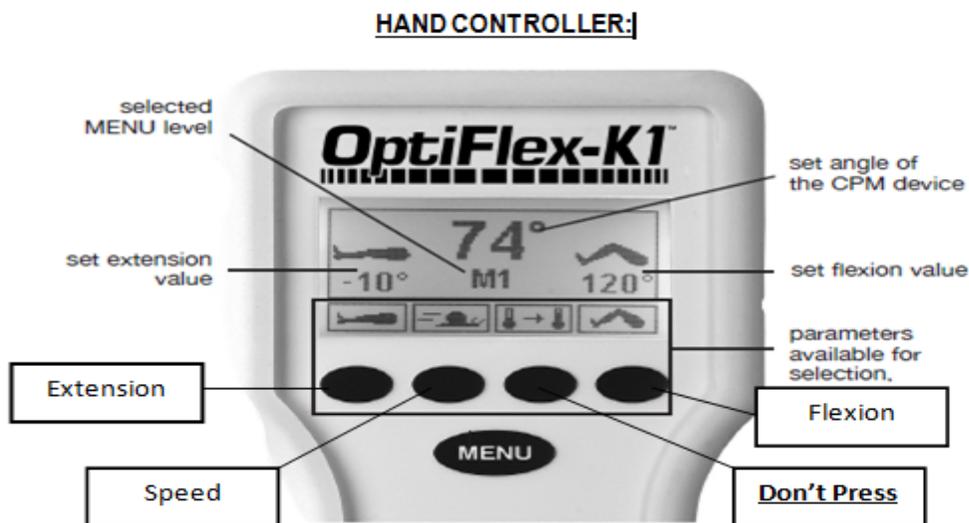
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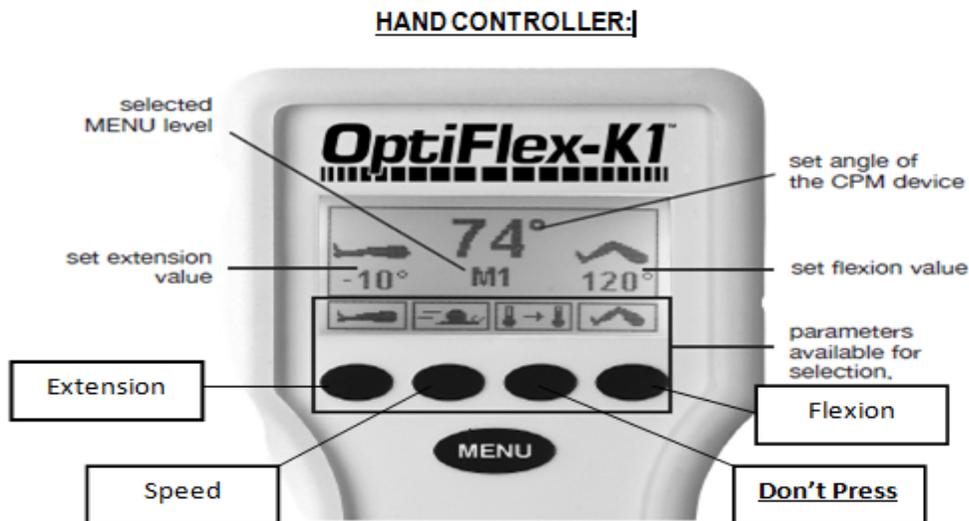
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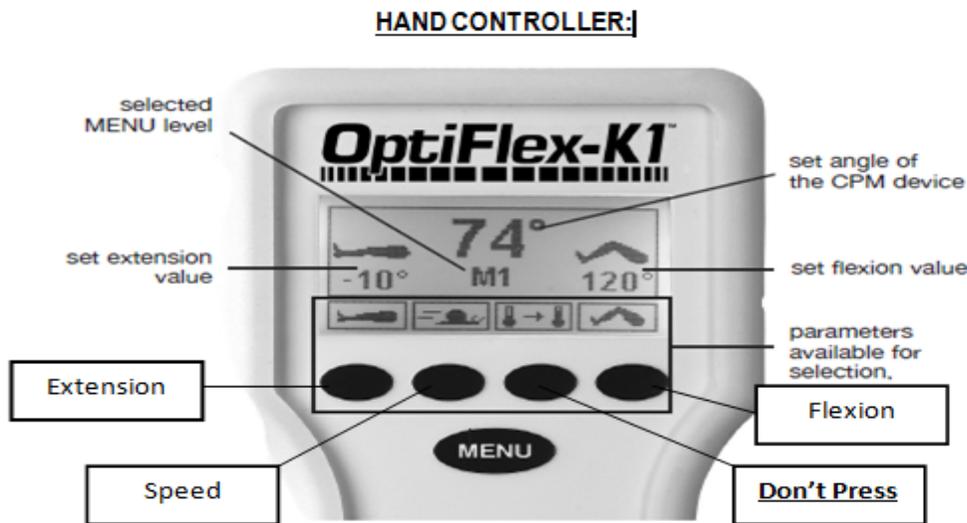
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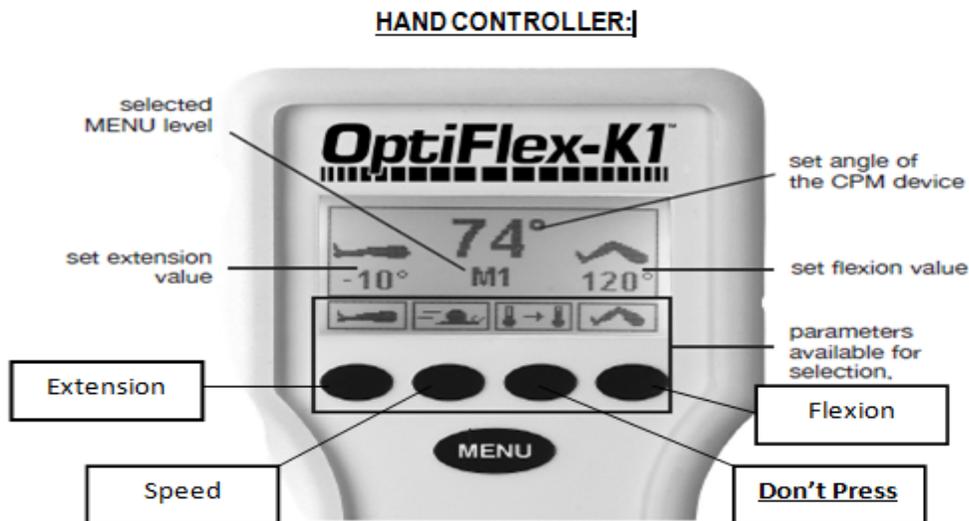
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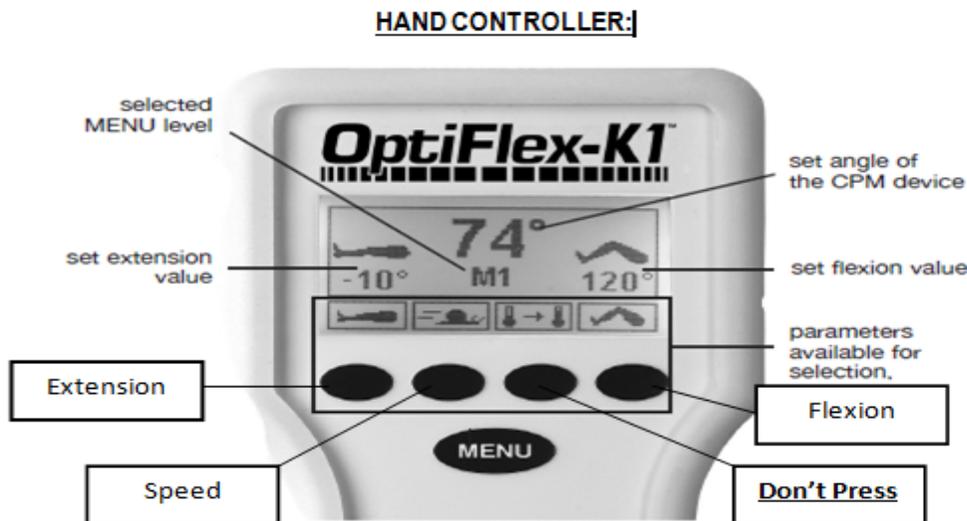
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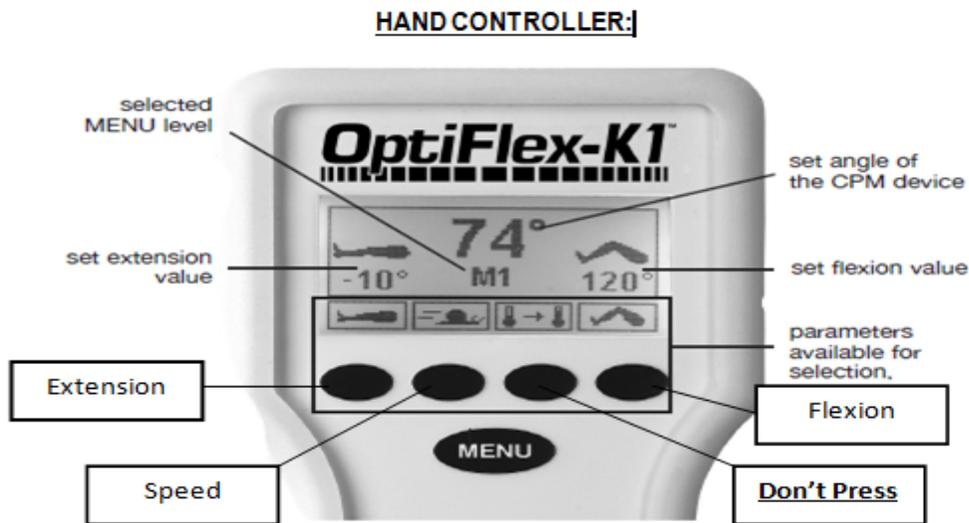
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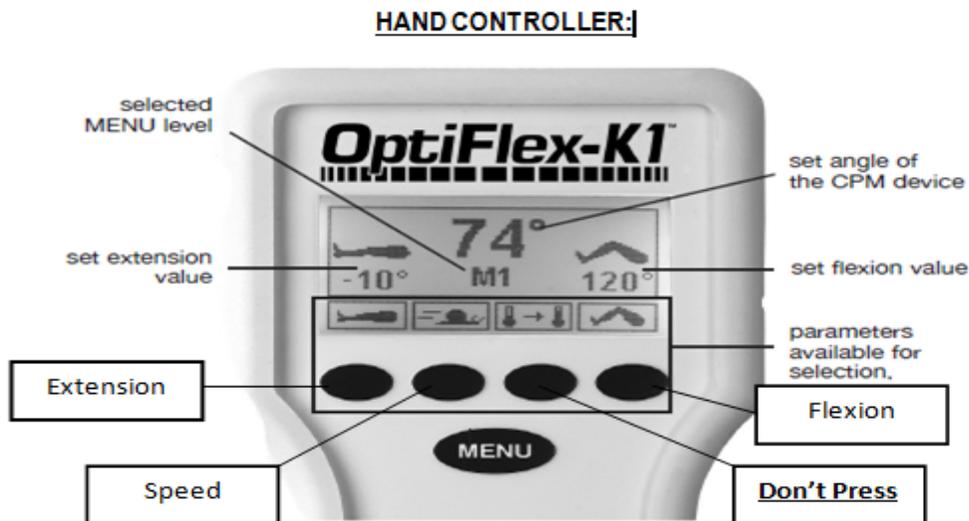
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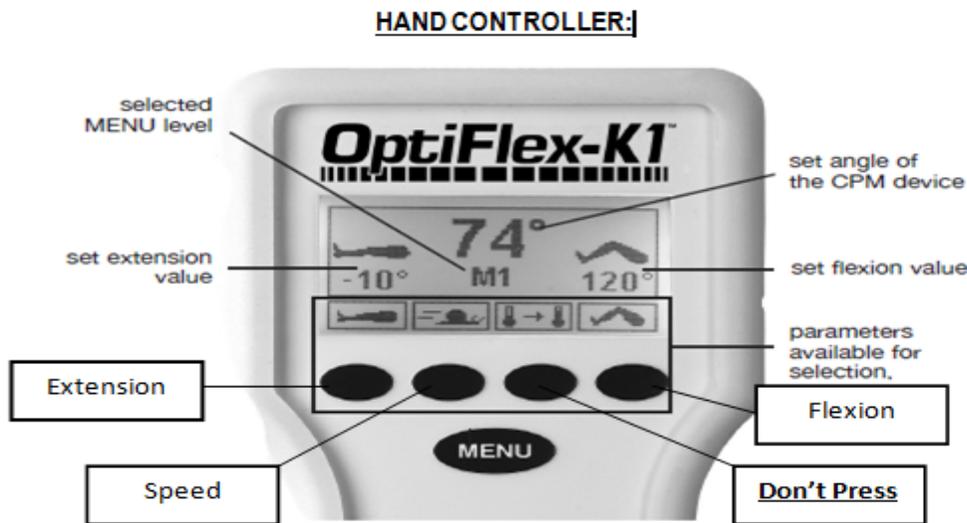
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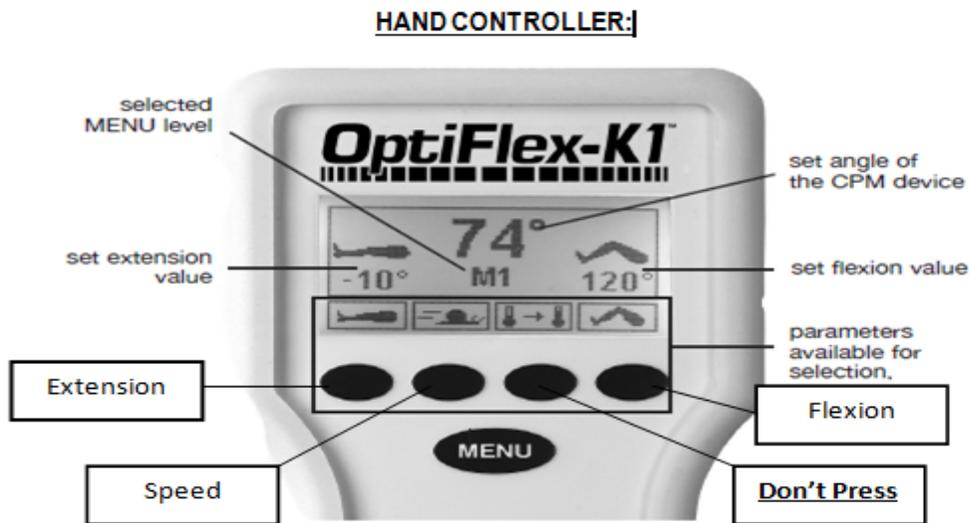
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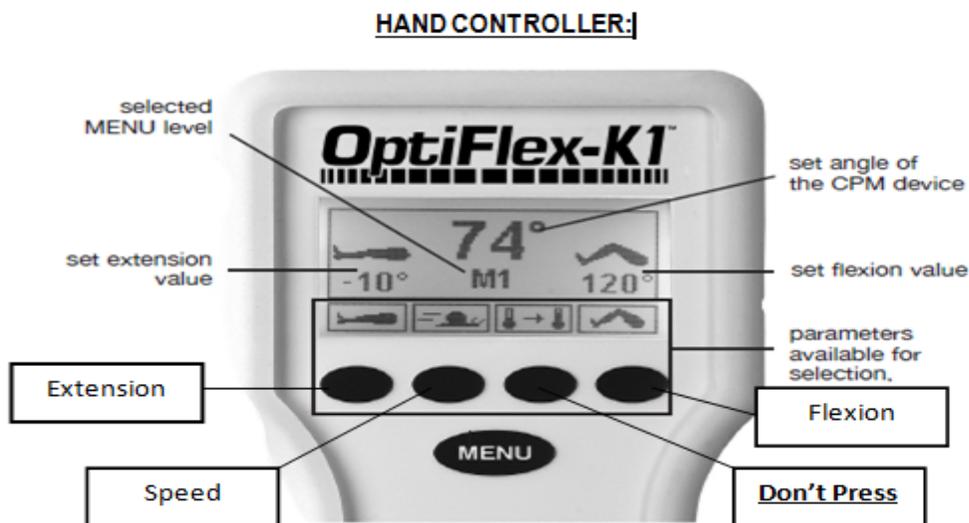
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1. Allow your leg to become fully extended (the lowest point).
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### **Things to remember:**

The CPM should never increase pain level.

While in the CPM, let the machine do the work. No flexing, tensing, or helping it move.

### **Questions:**

Call Rehab Technologies at (800) 237-6708, if you have any difficulty using your machine, or would like to arrange for a pick up.

## OPTIFLEX K1 KNEE CPM INSTRUCTIONS

**PURPOSE:** Continuous Passive Motion (CPM) units are electrically powered devices that move a specific joint through its range of motion. By using a motorized device to gradually move the knee joint, it is possible to significantly accelerate recovery time by decreasing joint stiffness, increasing range of motion, promoting healing of joint surfaces and soft tissues, and preventing the development of motion-limiting adhesions (scar tissue).

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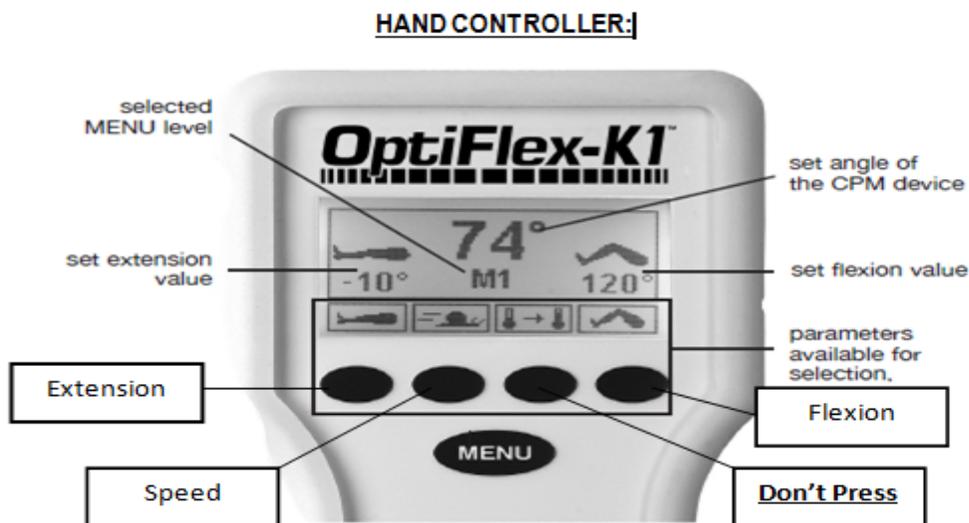
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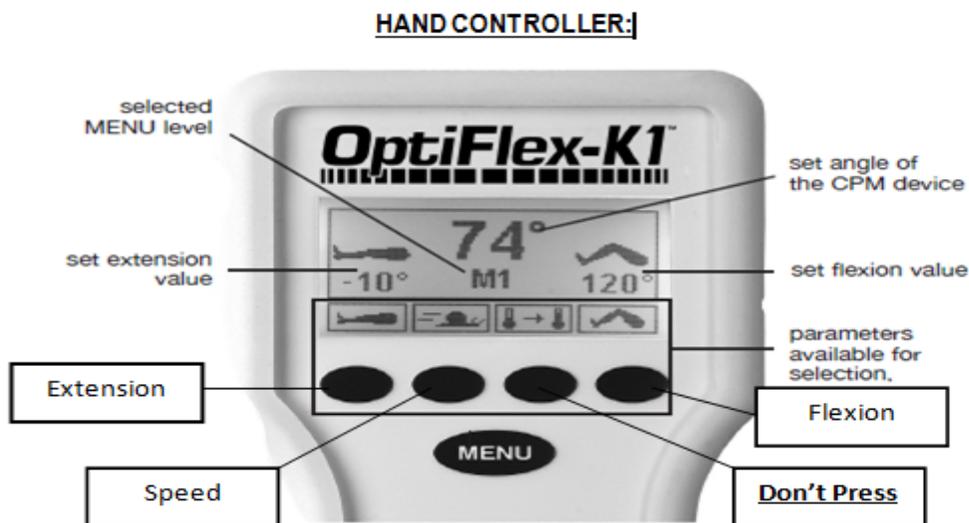
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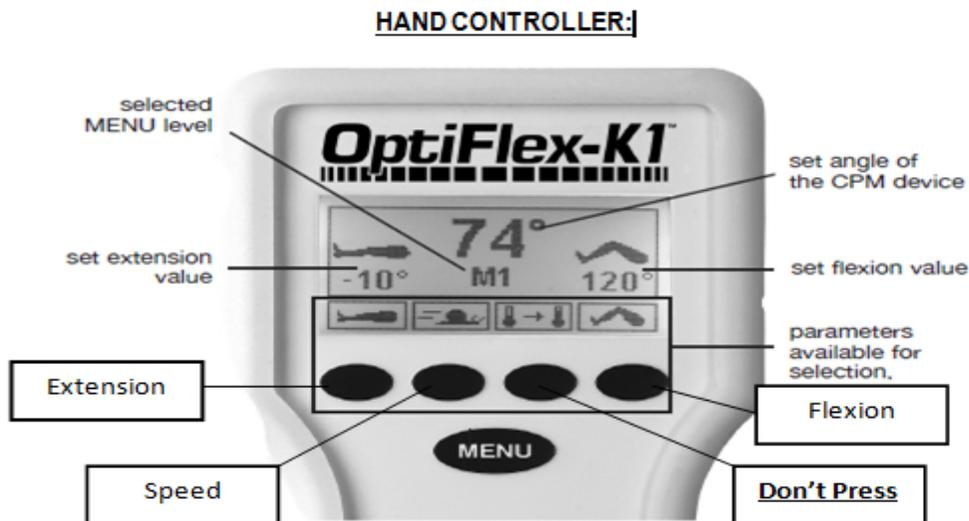
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