



PATIENT INSTRUCTIONS: ARTROMOT ELBOW CPM

Your physician has prescribed a continuous passive motion (CPM) machine to help improve your range of motion. Proper use of this device is critical to ensure that you get an optimal result following your surgery. Your J.I.M. Medical Representative will provide you with a detailed care plan according to your physician's specific orders. As you see your physician or therapist, they may advise you and modify this protocol.



You should stop using the CPM if you experience a significant increase in pain or swelling. Use of the CPM may be restarted with the approval of your therapist or physician.

Prior to use, your CPM machine should be set up and adjusted for you by your therapist, physician, or J.I.M. Medical Representative.

Programming Steps:



To change EXTENSION or FLEXION: (MOTOR A)

1. Press **STOP** button to be sure unit is not running.
2. Press **STOP** button again and hold for 5 seconds until the screen changes to enter the programming mode.
3. An arrow will be pointing to the **EXTENSION** value (number on left). You can now change the end range setting for **EXTENSION**.
4. Press and hold the **plus (+)** or **minus (-)** keys to move the arm to the desired **end-range position**. (The number in the middle of the screen indicates the current position in

- degrees.) Release the + or – button when you have positioned the arm at the desired end-range position.
5. To change the FLEXION setting, press the EXTENSION/FLEXION button. An arrow will be pointing to the FLEXION value (number on the right). You can now change the end range setting for FLEXION.
 6. **Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position.** (The number in the middle of the screen indicates the current position in degrees.) Release the + or – button when you have positioned the arm at the desired end-range position.
 7. Press the **START** button to record change and exit the programming mode.
 8. Press **START** again to re-synchronize the unit. CPM will go to midrange and stop.
 9. Press **START** a third time to resume therapy.

To change PRONATION or SUPINATION: (MOTOR B)

1. Press **STOP** button to be sure unit is not running.
2. Press **STOP** button again and hold for 5 seconds until the screen changes to enter the programming mode.
3. Press the PRONATION/SUPINATION button.
4. An arrow will be pointing to the PRONATION value (number on left). You can now change the end range setting for PRONATION.
5. **Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position.** (The number in the middle of the screen indicates the current position in degrees.) Release the + or – button when you have positioned the arm at the desired end-range position.
6. To change the SUPINATION setting, press the PRONATION/SUPINATION button. An arrow will be pointing to the SUPINATION value (number on the right). You can now change the end range setting for SUPINATION.
7. **Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position.** (The number in the middle of the screen indicates the current position in degrees.) Release the + or – button when you have positioned the arm at the desired end-range position.
8. Press the **START** button to record change and exit the programming mode.
9. Press **START** again to re-synchronize the unit. CPM will go to midrange and stop.
10. Press **START** a third time to resume therapy.

Things to remember:

- If the CPM is turned off or unplugged, the CPM will retain its previous setting.
- The CPM should never increase pain level.
- While in the CPM, let the machine do the work. No flexing, tensing, or helping it move.
- Use only the buttons as directed.

If you have any difficulty with the use of your machine, please call a J.I.M. representative at 262-547-4276 or 866-JIM-4CPM. A J.I.M. representative is on call 24 hours a day, 7 days a week.

To stop billing and arrange for a pick up when you are finished using your CPM, please call 262-547-4276 or 866- JIM-4CPM. If you are calling outside of normal business hours, please provide the following information:

1. Your full name (please spell)
2. Your phone number including area code
3. The date you completed using the equipment

A J.I.M. representative will contact you within a few business days to arrange to pick up the unit from your home.