

What is a CPM Machine?

A Continuous Passive Motion (CPM) machine is used as you recover from various types of joint surgery. As your incision heals, scar tissue forms. This tissue can be less elastic than normal tissue. Without movement, adhesions (improperly healed tissue) may occur; once movement starts, adhesions may break, causing pain and swelling. The CPM machine may prevent these problems. The CPM machine, during the healing period, encourages tissue growth that permits motion. Your doctor decides the best time for you to begin the use of the CPM machine.

The CPM Machine is used to:

- Prevent joint stiffness
- Relieve pain
- Regain normal motion

There are different CPM machines for most of the movable joints in your body. The CPM machine is powered by an electrical unit. The CPM machine can be used on a bed or couch.

The CPM Machine has:

- A frame that adjusts to your body
- Supportive removable padding (Knee CPM machine only)
- An AC (120 volt, 25 watt) power supply

Knee CPM Machine



Shoulder CPM Machine



What to Expect:

Your arm or leg rests in the CPM machine's padded frame. The CPM machine gently moves your joint, and the speed can be adjusted to your comfort level. Your doctor decides on the degree of bending (flexion).

CPM therapy:

- May start with a small degree of bending that will be gradually increased
- Can be used for 2 hours at a time (more or less as tolerated)
- Is used for 3-10 hours per day
- Is discontinued when arm or leg has met the goal your Doctor has established
- May be used at home

When the CPM machine is adjusted to increase the amount of bending, you may have some discomfort. However, this should pass after a few minutes.