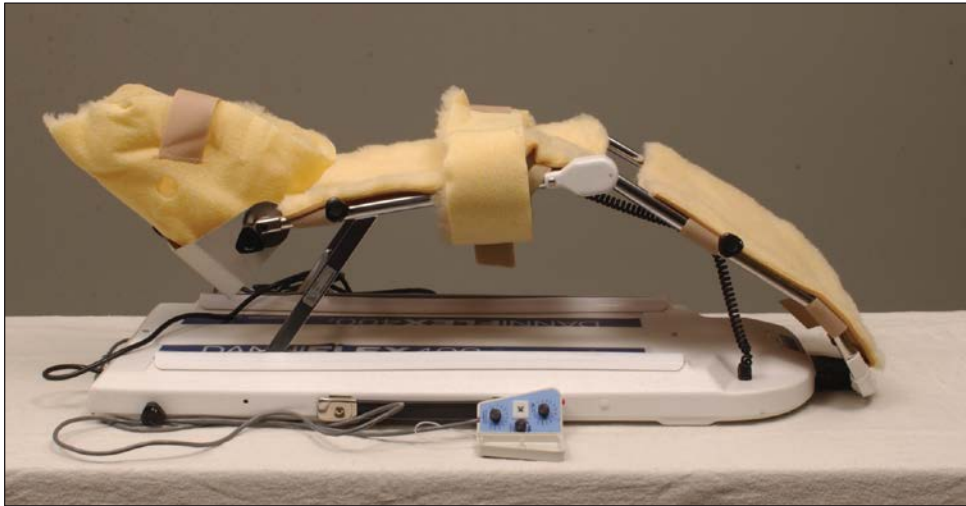




## Continuous Passive Motion (CPM) Machine



What you should know about a CPM machine:

1. Your knee should be lined up where the CPM bends.
2. Use the CPM as much as possible. Call your nurse if you feel it needs to be adjusted.
3. Your CPM provides continuous passive motion to speed recovery, increase your knee motion, and helps to prevent post-operative complications.
4. Using ice while the CPM is on will help decrease swelling and increase comfort.