

INFORMATION FOR PATIENTS

Continuous Passive Motion (CPM)

This leaflet outlines more about using the CPM machine after your total knee replacement.

If you have any more questions, please ask your physiotherapist.

What is a continuous passive motion (CPM) machine?

A CPM is an electronic machine that slowly helps your knee to bend following a total knee replacement. It is very important to get your knee to bend following this surgery, but sometimes due to stiffness you are unable to bend it yourself. The machine can gradually increase the bend in your knee, and it is commonly used while on the ward.

How long do I need to use the CPM for?

Your physiotherapist will guide you on how long to use the CPM machine for, but it is very important to attempt to use it as they advise. It usually requires use over 1-2 hour periods as tolerable, with breaks in between.

How do I use the machine?

Before using the machine, ensure you have had pain relief and are comfortable on the bed. The physiotherapists will first get your leg in to position. If they are no longer on the ward, the nursing staff are trained on how to apply the machine. Your leg will be placed in position with a hinge underneath your knee, and then the length of the machine can be adjusted to fit the length of your leg. Once in position and when you are as comfortable as can be, the machine will be switched on, beginning at an easily tolerable range of motion. You will be provided with the controls to increase the range of motion yourself.

In order to control the machine, you must:

1. Press the red START button on the right hand side.
2. Hold DOWN the FLEX button under the symbol of the bent knee.
3. Use the arrows on the right hand side to set the machine at the desired bend. The angle the machine is set at will be shown on the small central screen. Let go of the FLEX button.
4. Gradually increase the range of motion as tolerable by holding down the FLEX button again and pressing the up arrow.
5. When you are ready, press the red STOP button. It is best to stop the machine whilst your leg is fully stretched out.

What should I do if I have a problem?

In the event of any problems, press the red STOP button and press your nurses call buzzer. They can adjust the machine if need be.

It is very important to be aware of:

- Any rubbing to your skin, specifically the inner thighs or groin.
- If your leg has moved out of position.
- The machine sliding up or down the bed.

In the event of any of these happening, please inform your nurse immediately.

What else can I do to help my knee bend?

You may still find it difficult to bend your knee without using the CPM. This is because the CPM is not using your leg muscles, but moves the joint only. It is therefore important to continue regular exercises that the physiotherapists have taught you alongside the use of the CPM.

It is also important to keep on top of your pain relief. Using the CPM can cause some pain to the affected knee, so asking for regular pain relief from the nursing staff is important.

Using the CPM for the first time can also cause more swelling. Remember to use ice in your breaks in between using the machine to help reduce it.

If you have any further questions, please discuss them with your physiotherapist.

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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