

Knee/Hip iCPM® (Continuous Passive Motion) Therapy Patient User Guide for Kinetec Spectra™ Knee/Hip iCPM

Basic Purpose of the Knee/Hip iCPM®

To provide controlled automated passive motion to the affected knee or hip joint(s) following surgery or injury in order to increase your range of motion. Increasing your range of motion may allow you to return to your normal daily functions faster, with less pain and with greater ease.

Your Daily Prescription (Default prescription in parentheses)

Use for (2) _____ hours (3) _____ times per day for at least (16) _____ days.

Increase range of motion (5) _____ degrees per day or as tolerated.

Your Range of Motion Data: flexion = bending at the knee, extension = straightening the leg

Your beginning range: _____ degrees flexion (up to 120); _____ degrees extension (limit 0)

Your target range: _____ degrees flexion; _____ degrees extension

Total range of motion goal is 120 degrees or the range of motion equivalent prior to surgery or injury.

Basic Patient Guide for Use of the Knee iCPM®

- Step 1. Plug in machine.
- Step 2. Fit leg to machine.
- Step 3. Place foot in cushion on the foot plate.
- Step 4. Secure foot with Velcro and secure leg straps.
- Step 5. Turn on machine.
- Step 6. To change extension degrees: press the extension button (arrow up button). Screen will flash EXT. Press (+ button) to add degrees (lessen the extension) or press (-button) to take away degrees (add to the extension).
- Step 7. To change flexion degrees: press the flexion button (arrow down button). Screen will flash FLEX. Press (+ button) to add degrees (adding flexion) or press (-button) to reduce degrees (reducing flexion).
- Step 8. Press the START button to begin therapy. Press STOP to end therapy.

Basic Troubleshooting

- **If needing to stop in mid therapy:**
Press EMERGENCY START/STOP button. Therapy will stop and will pick up at the same place when you re-start.
- **If therapy is not running:**
Check to make sure the power cord and the hand held remote cords are fully connected.



For all other questions: Contact _____ (Rep Name) at _____.