



A U D U B O N  
ORTHOTIC & PROSTHETIC SERVICES

## CPM FOR POST SURGERY

What is a CPM?

CPM stands for (Continuous Passive Motion). A CPM machine is a medical device used in the hospital and at home after a total knee replacement surgery as well as ligament and /or cartilage repairs. After extensive knee joint surgery, moving the knee/leg can be very painful as the tissue around the joint stiffens. The CPM machine helps keep the knee/ leg muscles loose by passively and gently flexing the affected joint. This flexing motion aids in pain relief by stretching the sore achy muscle tissue. By using a CPM machine in a prescribed manner, the adverse effects of immobilization and surgical trauma can be lessened. Your physician prescribed the CPM machine as a supplemental treatment to aid in your recovery after knee surgery.

What to expect:

You will be contacted either before your surgery or by time you are discharged from your surgery. The CPM that will be delivered will be used while you are at home. If for some reason you go to a skilled nursing facility after surgery the CPM will not be delivered until you are discharged from the facility.

If you have any question or concerns about the CPM please contact us.

CPM Tech:

Phone # (719) 205-6707

