

# Continuous passive motion information sheet

**This leaflet explains more about using the continuous passive motion machine after your knee surgery.**

**If you have any further questions, please speak to the physiotherapist caring for you.**

## **What is a continuous passive motion machine?**

A continuous passive motion machine, also known as CPM, is an electronic machine that slowly and gently helps your knee to bend following surgery when it feels tight and stiff.

## **Why do I need to use a CPM?**

A CPM is needed to help your knee to bend when you are finding it too difficult to bend it yourself. After knee surgery it is important to get your knee bending as soon as possible.

## **How long do I need to use the CPM for?**

Your physiotherapist will guide you as to how long to use the CPM for. They will advise you to use the CPM continuously for a set period of time or for shorter durations for example for 45 minutes at a time with rests in between. You will be guided depending on your individual need.

## **What if my knee is too painful to use the CPM?**

You should expect a moderate amount of pain following your operation. You will be prescribed painkillers and it is important that you take these regularly, as prescribed by the doctor looking after you, so that you can complete your exercises.

You can also use ice packs to help relieve pain and swelling around your knee. Please discuss this with your physiotherapist if you would like to try this.

## What happens if my physiotherapist says I should use CPM?

Your physiotherapist will help you to place your leg on the CPM correctly and set the CPM at a comfortable level for you. Once this has been established they will show you how to adjust the CPM using the handset. Below is a picture of the handset and instructions on how to use it.



1. Press the blue MENU button in the centre of the handset until the screen changes to the “M1” screen (this will be indicated in the middle of the viewing panel).
2. Press the smaller blue button under the bent knee symbol.
3. Hold down the + button, the number on the screen will increase and the machine will start to bend your knee.
4. Increase the amount of bend as much as you can tolerate.
5. Press the green START button to start the machine straightening and bending.
6. If you need to stop the CPM press the red STOP button. It is best to stop the machine when the leg is straight as you will find this more comfortable.

## What else can I do to help my knee bend?

You may still find it difficult to bend your knee when not using the CPM; this is because the CPM does not use your leg muscles, but moves the joint only. It is therefore important to continue with the active exercise programme that your physiotherapist will show you.

## What should I do if I have a problem?

If you have a problem with your CPM press the red STOP button and then press your nursing call bell for assistance. The nursing staff can contact your physiotherapist if they are unable to help you with the problem.

### **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748 9am to 5pm, Monday to Friday

### **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS) **e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints) **e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### **Language Support Services**

If you need an interpreter or information about your care in a different language or format, please get in touch:

**t:** 020 7188 8815 **e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

### **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

### **Get involved and have your say: become a member of the Trust**

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, and to become a member:

**t:** 0800 731 0319 **e:** [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) **w:** [www.guysandstthomas.nhs.uk/membership](http://www.guysandstthomas.nhs.uk/membership)

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