

PATIENT INSTRUCTIONS: MAESTRA HAND & WRIST CPM

Your physician has prescribed a continuous passive motion (CPM) machine to help improve your range of motion. Proper use of this device is critical to ensure that you get an optimal result following your surgery. Your J.I.M. Medical Representative will provide you with a detailed care plan according to your physician's specific orders. As you see your physician or therapist, they may advise you and modify this protocol.



Hand CPM

You should stop using the CPM if you experience a significant increase in pain or swelling. Use of the CPM may be restarted with the approval of your therapist or physician.



Wrist CPM

Prior to use, your CPM machine should be set up and adjusted for you by your therapist, physician, or J.I.M. Medical Representative.



To change UPPER RANGE OF MOTION LIMIT:

1. Press the **Stop** button.
2. Press the **Right Hand Limit** button once.
3. While the value is flashing on the display, press the (+) or minus (-) buttons to increase or decrease the setting.
4. Press the **Start** button.

To change LOWER RANGE OF MOTION LIMIT:

1. Press the **Stop** button.
2. Press the **Left Hand Limit** button once.



3. While the value is flashing on the display, press the (+) or minus (-) buttons to increase or decrease the setting.
4. Press the **Start** button.

Things to remember:

- The CPM should never increase your pain level.
- Increased pain while using the CPM is often due to muscle guarding. Although some apprehension is normal when you first begin using your CPM device, the more you can relax, the more comfortable you will be.
- Compliance with your care plan is important for a good result.

If you have any difficulty with the use of your machine, please call a J.I.M. representative at 262-547-4276 or 866-546-4276. A J.I.M. Medical Representative is on call 24 hours a day, 7 days a week.

To stop billing and arrange for a pick up when you are finished using your CPM, please call 262-547-4276 or 866-546-4276. If you are calling outside of normal business hours, please provide the following information in our voicemail system:

1. Your full name (please spell)
2. Your phone number including area code
3. The date you completed using the equipment

A J.I.M. Medical representative will contact you within a few business days to arrange to pick up the unit from your home.