



PATIENT INSTRUCTIONS: PORTABLE MAESTRA HAND 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.

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.

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

CABLE CONNECTION:

- Connect the hand control cable to the back of the motor unit by lining up the RED DOTS. This cable plugs straight into the motor unit. DO NOT TRY TO TURN THE CONNECTOR! If this connection is not made properly, the hand control display will indicate "CONNECT".
- To disconnect the cable, simply pull the serrated surface on the connection.

POWER SUPPLY:

Power can be supplied in one of two ways.

- The external wall transformer which is provided with the unit. This power supply is connected to the top end of the hand control.
- Two 9-Volt batteries which are housed inside the hand control. The battery compartment is accessed through the back of the hand control. Rechargeable or disposable batteries may be used. The hand control is not a charging unit. The wall transformer will take priority over the batteries as the power source.

TO START AND STOP THE MACHINE:

- Place your fingers in either the glove or the finger wraps.
- Secure any additional straps for the splint hand piece making sure that your hand is aligned as with the original setup.
- Push the **START/STOP** button.

DISPLAY:

- **EXT** – current extension limit setting
 - Current status of the machine
- **RUN...STOP...PAUSE...etc**
- **Angle** – Current composite angle of the machine
- **FLEX** – Current flexion limit setting



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.