



PATIENT INSTRUCTIONS: K4 with ExtendAssist™ KNEE CPM

Your physician has prescribed a continuous passive motion (CPM) machine to help improve your range of motion. Proper use of this device is important to ensure that you get the best results 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.

TO BEGIN TREATMENT:

- Turn on the power switch on the base of the CPM.
- With the CPM in an extended (flat) position, place your leg comfortably on the machine with the pivot axis of the machine aligned with the bend of the knee joint (when properly adjusted you should only need to place your foot against the footplate and your knee will be properly aligned).
- Depress the green start button on the control pendant to start treatment, and the red stop button to stop treatment.

TO DISCONTINUE USE:

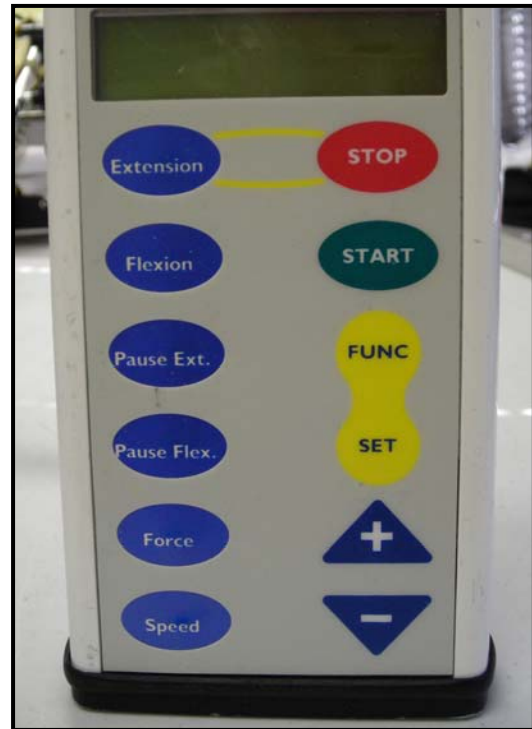
- Allow your leg to become fully extended (flat).
- Stop the machine with the hand control, loosen or remove any straps.
- There is no need to turn off the power switch between treatments.

To change FLEXION:

1. Press the **EXTENSION** and **STOP** keys at the same time and release.
2. Press the **FLEXION** key
3. Change the value by pressing the plus or minus arrow key.
4. To save values press **STOP**.
5. Press **START** to resume treatment.

To change EXTENSION:

1. Press the **EXTENSION** and **STOP** keys at the same time and release.
2. Press the **EXTENSION** key
3. Change the value by pressing the plus or minus arrow key.
4. To save values press **STOP**.
5. Press **START** to resume treatment.



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-JIM-4CPM. 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-JIM-4CPM. 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.