

# PATIENT INSTRUCTIONS: OPTIFLEX S3 SHOULDER CPM – Capsular Release




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.

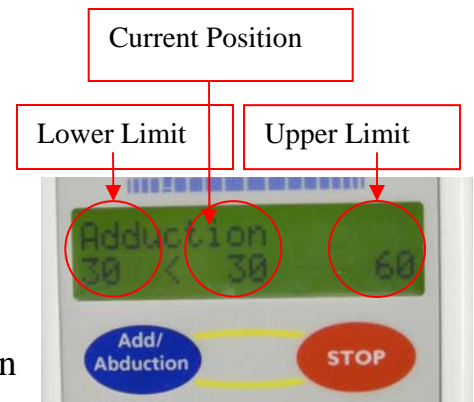
You should stop using the CPM if you experience a significant increase in pain or swelling. Use of the CPM may be restarted with the approval of your therapist or physician. Prior to use, your CPM machine should be set up and adjusted for you by your therapist, physician, or J.I.M. Medical Representative.




## To change ABDUCTION: (MOTOR A)

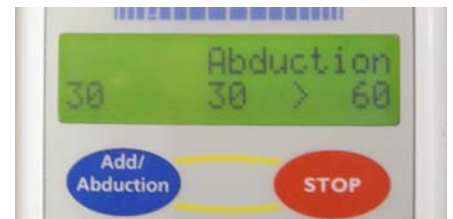
1. Press the  button.

2. Once the machine has stopped, press the  button again and hold until the screen shows adduction and three numbers.



3. The arrow will be pointing to the **lower limit** (*Adduction value*-number on left).


4. Press  button. The arrow will now be pointing to the **upper limit** (*Abduction value*-number on the right).

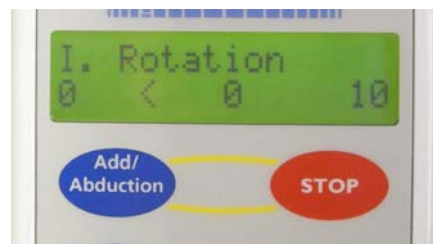


5. Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position. (The number in the middle of the screen indicates the current position in degrees.) This will set the upper limit of Abduction.


TURN PAGE TO CONTINUE PROGRAMMING ROTATION (MOTOR B)

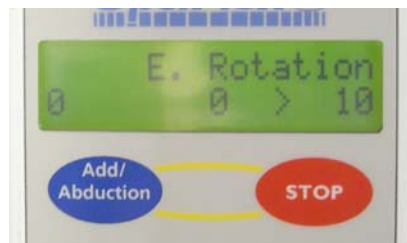
**To change ROTATION: (MOTOR B)**

1. Press the  button to select Rotation. The arrow will be pointing to the **lower limit** (*Internal Rotation* value-number on the left).





2. Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position. (The number in the middle of the screen indicates the current position in degrees.)


3. Press the  button. The arrow will now be pointing to the **upper limit** (*External Rotation* value-number on the right).



4. Press and hold the plus (+) or minus (-) keys to move the arm to the desired end-range position. (The number in the middle of the screen indicates the current position in degrees.)

5. Press the  button to record changes and exit the programming mode.

6. Press the  button again when you see “MOVE TO ROM” to re-synchronize the unit. The CPM will move to midrange and stop.

7. Press the  button a third time to resume therapy.

**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 leave your full name, phone number, and date you completed using the equipment on our voicemail system. A J.I.M. Medical representative will contact you within a few business days to arrange to pick up the unit from your home.