




PATIENT INSTRUCTIONS: OPTIFLEX S3-E 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 BEGIN THERAPY

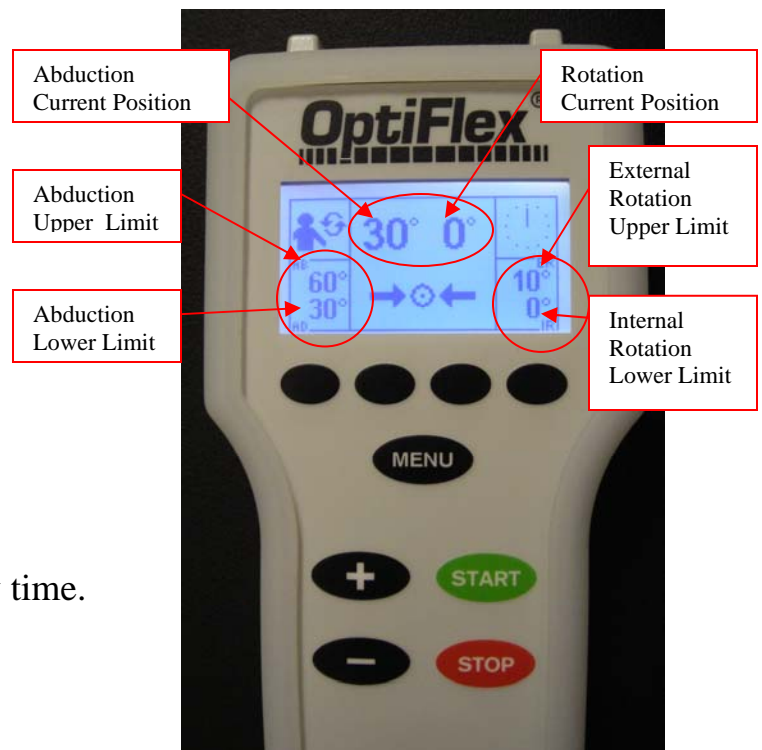
Press the Green  button.

TO STOP THERAPY

Press the Red  button at any time.

To change Range of Motion Limits

Press the MENU button until you see the following image:



ABD (abduction)

(Motor A)



ADD (adduction)









INT (internal rotation)

(Motor B)



EXT (external rotation)

To Increase Upper Limits

1. Press  to set Abduction upper limit (Motor A).
2. Press and hold the + or - button until the large number in the middle is at the desired degree and a stretch is felt.
3. Press  to set Internal Rotation upper limit (Motor B).
4. Press and hold the + or - button until the large number in the middle is at the desired degree.
5. Press  to set External Rotation upper limit (Motor B).
6. Press and hold the + or - button until the large number in the middle is at the desired degree.
7. When you are done programming your new upper limits, press  to record the change.
8. Press . The CPM will stop at a neutral degree to calibrate the A & B motors.
9. Press  again to start your 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, your phone number, and the 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.