

***The Leading Choice of  
Physicians***



*Joints In Motion Medical is the bracing provider preferred by your doctor. We are a locally-based company specializing in medical equipment and bracing products for orthopaedic rehabilitation applications. We have over 20 years of experience providing these products in Wisconsin, and we are the choice of more physicians statewide than any other provider in our market. We are honored that your physician has entrusted us with your care, and we look forward to serving you.*

**J.I.M.  
Medical**

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**CONTINUOUS  
PASSIVE MOTION**



***"We Make House Calls!"***

## Your Prescription



Your doctor has prescribed a continuous passive motion device (CPM) from J.I.M. Medical to assist you with your rehabilitation.

CPM has been shown to improve post-operative range of motion, allowing for a faster recovery from your surgery. CPM can help to reduce the formation of adhesions in joints and can assist in the healing of damaged tissue and cartilage. Studies also show that CPM use can decrease pain and swelling, and reduce the need for pain medication following joint surgery.

A J.I.M. Medical representative will deliver and set up your CPM machine for you in your home. You will be instructed on how to use the CPM according to your doctor's orders. If a knee CPM has been prescribed for you, it is best to use it on a flat, firm surface such as a bed or couch. Shoulder and elbow CPM units are generally used while in a seated position, and most units have an integrated chair.

## How CPM Works

To allow for proper healing after some surgeries, you may be restricted from weight-bearing. Following surgeries such as rotator cuff repair,

you may also be restricted from performing active range of motion (using your own muscle-power to move the joint) with the affected joint for a period of time following surgery. In other cases, such as knee or shoulder replacement, post-surgical pain and swelling may prevent you from obtaining full range of motion without assistance.

The CPM moves your limb to provide range of motion of the affected joint(s). Since the CPM machine is doing the work, we call this PASSIVE range of motion. Passive range of motion is a safe and effective way to reduce pain and swelling and safely move the joint following many orthopaedic surgical procedures. It allows for proper healing while ensuring that the joint does not get stiff and develop adhesions. You will be instructed how to increase the range of motion according to your tolerance or your doctor's orders, so you are in control of your therapy. In most cases, it is appropriate to feel a gentle stretch while using the CPM.

## Completion of CPM Use

When you are finished with your CPM therapy, please call J.I.M. Medical. It is extremely important that you call our office when you complete your use of the CPM so that we can stop your billing. You may call 24 hours per day, 7 days per week. If it is outside of normal business hours, you can leave a message in our after-hours voice mail.

## Cold Therapy

Your doctor may also prescribe a Controlled Cold Therapy unit or a Game Ready Cold/Compression unit for use following surgery. Both of these units provide continuous, temperature-controlled cold therapy to the affected area. Ice water is circulated through insulated tubing to a pad or "bladder" that is placed over the affected area and secured by elastic Velcro straps or an ace bandage. The Game Ready unit also offers compression in addition to the cold therapy. Both devices are often used continuously at night for the first several days following surgery for pain relief. Studies show that these devices can decrease pain and swelling, and reduce the need for pain medication following joint surgery.

## Insurance Information

J.I.M. Medical will contact your insurance company to verify your benefits and try to obtain authorization for your CPM. Insurance plans each have distinct guidelines for coverage regarding CPM.

We are a local company and we're in-network with most plans. If we are not listed as a provider with your plan, we can make arrangements to obtain in-network benefits on your behalf.

In cases where insurance coverage is not available, J.I.M. Medical can offer discounted rates and monthly payment plans as necessary to ensure you access to the product your doctor has prescribed for you.

\*While we strive to obtain in-network benefits whenever possible, we cannot guarantee that we will be able to obtain in-network benefits in all situations.