Using the CPM Machine during the healing period guides tissue growth that permits motion. Your doctor decides when the best time is for you to begin CPM.

It is used to:
- Prevent joint stiffness.
- Relieve pain.
- Regain normal motion.

There are different CPM machines for most movable joints in your body. The CPM machine is powered by an electrical unit. This unit can be placed on a bed, table or chair.

The CPM machine has:
- A frame that adjusts to your body.
- Supportive padding.
- A power supply.

What To Expect
Your arm or leg rests in the CPM padded frame. The machine gently moves your joint.
Your doctor decides on the degree of bending (flexion). The speed is adjusted to your comfort level. Therapy with CPM:

- May start with a small degree of bending that will be gradually increased.
- Can be used for 2 hours at a time (more or less as tolerated).
- Is used for 3 to 10 hours per day.
- Is stopped when the arm or leg is in an extended (straight) position.
- May be used at home.

When the CPM machine is adjusted to increase the amount of bending, you may have some discomfort. This should pass after a few minutes.

If you have some discomfort, start bending at the previous level. Then, work up to the expected level in a few minutes.

What You Need to Know

When you begin using the CPM machine, you need to know:

- How to place your arm or leg in the frame.
- How to start and stop the CPM machine.
- How many times a day and how long to use CPM.

If the CPM machine is to be used at home, the nurse discharge planner or home care company will assist you. The home care company will set up the machine and review its use.

If you have any questions or concerns, please ask your doctor or nurse.

Health Information Resources

For more information, visit one of Northwestern Memorial Hospital’s Health Learning Centers. These state-of-the-art health libraries are located on the third floor of the Galter Pavilion and on the first floor of the Prentice Women’s Hospital. Health information professionals are available to help you find the information you need and provide you with personalized support at no charge. You may contact the Health Learning Centers by calling 312-926-LINK (5465) or by sending an e-mail to hlc@nmh.org.

For additional information about Northwestern Memorial Hospital, please visit our Web site at www.nmh.org.