

QUICK START GUIDE

CPM-B

UNPACKING

1. Remove machine from the box and place on a flat surface.
2. Slide the footplate assembly into the machine then tighten the yellow knobs.
3. Plug in the mains cable and switch the machine on.
4. If the display does not illuminate check the red emergency stop switch has not been depressed, if it has then twist it clockwise to release it.
5. The machine is now ready for operation.
6. Check our website to see the CPM-B video with more information.

SETUP

1. Note that the display panel on the machine and the remote handset are identical, you can use either.
2. The machine will be shipped with a default configuration loaded and only slight changes need to be made to ready the machine for operation.
3. Press the green start button on the display, then the green confirmation "tick", the machine will begin to move. When it has reached somewhere in the mid position press the red Pause button on the display to allow you to adjust the machine to your leg size.
4. Using the disposable tape measure provided measure the length of the lower leg from the sole of the foot to the centre of the knee joint. Then set this measurement on the machine by releasing the yellow knob and sliding the footplate whilst observing the measurements on the shaft of the footplate, then tighten.
5. Similarly measure the distance from the centre of the hip joint to the centre of the knee joint and set the machine up accordingly with the use of the red knobs.
6. Next it is important to confirm that the default settings have not changed, see FIGURE 1 showing how the display should look. (Ignoring the "current angle of flexion")
7. Now, start the machine again and observe the movement. You may want to test that you are confident by doing a test run on your good leg. When ready to proceed set the timer (button 3) to desired time and bring the machine to rest in the "flat" position for ease of placing affected leg in machine.
8. If the machine halts when pushing your foot the force can be increased to 3 bars using (button 6)
9. Place your foot in the footplate and adjust the angle (using the blue knurled knobs) for comfort.
10. Check that your knee joint is perfectly aligned with the centre joint, see FIGURE 2
11. Start the machine, and when comfortable with the movement you can stop it again and change the basic parameters, speed, time, flexion to suit your needs. A typical initial setup might be speed - 5 (button 2), time - 30 mins (button 3), flexion - 75 to 75 degrees (buttons 4 and 5). As the knee recovers this may increase to speed - 9, time - 45 mins, flexion - 90 to 0 degrees.
12. Provided the remaining buttons are still set with their default values they can be ignored for normal operation but more information about them can be found in the Owner's Manual

FIGURE 1



FIGURE 2

