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### CPM machine

The continuous passive motion (CPM) machine is an important piece of equipment for your rehabilitation. It is designed to be an additive therapeutic exercise to assist in passive range of motion, provide joint nutrition and prevent adhesion (scar) formation. The CPM will be rented to you by a medical supply company (through your insurance) for about 2 weeks post-surgery. You can expect the company to call you the afternoon you return from the hospital and they will set up the machine and instruct you to how to use it. You are to use the CPM minimum 4-6 hours per day. This may be split into sessions or used at night time. We ask that initially you begin at 70 degrees and increase the degrees of flexion daily by 10° until you can easily reach 120° (or the maximum of your particular machine). Once you have reached the maximum bending angle for 2 -3 days you no longer need to use the CPM. You can call the company that provided the machine to take it away.