



If you need this information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk).

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Author: Katharine Wilcocks  
Role: Clinical Specialist Physiotherapist  
Date written: March 2004  
Last revised: April 2016  
Review date: April 2019  
Version: 1.3  
Code: PI0514

## ***Continuous Passive Mobiliser (CPM)***

After a Total Knee Replacement or a broken leg, the CPM machine may be used to bend (flex) and straighten (extend) your knee. This helps to increase movement at your knee and prevent it from becoming stiff.

The machine will be put on to your leg by the physiotherapist and will be adjusted daily until you have a good range of movement.

You will be given a control button that stops the machine. If you have intolerable pain, do not use the CPM and call a member of staff. However your leg may feel tight as the it increases your range of movement.

### **YOU SHOULD NOT EXPERIENCE UNBEARABLE PAIN**

While you are on the CPM it is important that you still actively exercise your muscles to maintain and improve their strength. You need to carry out the following exercise **every hour**:

1. Stop the machine with your knee straight:  
Pull your foot up and push your knee down into the CPM to brace your thigh muscles. Hold for 5 seconds and then let go. Repeat 10 times.

### **Do not stop and rest with the CPM and your knee in the bent position.**

The physiotherapist will continue to see you on a regular basis and if you have any queries, please do not hesitate to ask.

**Amesbury Ward**  
**Tel: 01722 336262 ext. 3105**