



Alaska Medical Solutions  
4401 Business Park Blvd  
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Anchorage, AK 99503

## Continuous Passive Motion (CPM) Patient Orientation Sheet

Your physician has prescribed the home use of a CPM to assist in a complete and speedy recovery after your orthopedic surgery. The CPM is not a replacement for physical therapy or strengthening exercises.

### What is a CPM machine?

The CPM gently bends the knee to aid in soft tissue mobility and to prevent scar tissue from forming. CPMs are designed to help patients increase range of motion of the operative joint, and by doing so decreasing pain and stiffness of the joint. CPMs are used often in conjunction with physical therapy.

### How do I obtain my CPM?

Alaska Medical Solutions (AMS) will be contacted by your referring physician and informed of your date of surgery. AMS will then call you prior to surgery to arrange a delivery and set up of the CPM. During your set up, a representative of AMS will instruct you fully on the use, benefits, and costs of the CPM. The CPM is a **rental**, not a purchase.

### How do I pay for the rental of the CPM?

Upon receiving your prescription for the CPM, Alaska Medical Solutions will contact your insurance company to verify benefits and coverage. Please feel free to call AMS if you have any questions related to billing, co-insurance, or any aspect of the CPM rental. The CPM is a covered benefit under Medicare for 21 days. Most private insurance companies will honor the length of prescription. Depending on your insurance provider and benefits, patients may be responsible for a co-insurance payment.

### How long will I use the CPM?

Begin using your CPM upon returning home from the hospital. Most physicians recommend using the CPM for 6–8 hours a day, for the length of time indicated by your prescription (generally 2–4 weeks). You may use your CPM during the night and/or throughout the day. Your Personal Service Representative will discuss a detailed plan for you upon set up.

**Who should I call if I need help or am finished with the CPM?**

Call Alaska Medical Solutions at (907) 229–1599 should you have any questions about the use of the CPM. Upon completion of the CPM rental, AMS will arrange a time for the machine to be picked up from your home.

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