

Preferred Post

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Continuous Passive Motion (CPM) Devices May Aid Cases of Joint Recovery



Preferred Medical Networks offers CPM devices along with a complete range of products to aid in the recovery of your injured worker. Designed to aid in joint motion and

use recovery, CPM devices may be an option for your injured worker's recovery. Physicians and surgeons may prescribe these prescription devices following knee, ankle, shoulder, elbow, and wrist or hand joint surgery.

Potential cost saving benefits of CPM devices:

- Reduces in-office physical therapy visits, since patients can start therapy at home as soon as they receive their CPM unit.
- Studies have shown that patients using CPM devices require less pain medication during their recovery.

Following extensive joint surgery, patients can be reluctant to move the joint due to pain or may be unable to move their joint from the stiffness of scar tissue. A CPM device allows the joint to be moved without utilizing the muscles, allowing these benefits in conjunction with beginning physical therapy following surgery:

- Immediate, at-home therapy
- Accelerated recovery time
- Increase in range of motion
- Decrease in stiffness of soft tissue
- Prevention of some scar tissue formation
- Reduced inflammation
- Control of post-operative pain

Did you know...

A review of studies, applications and theory regarding CPMs was done in 2000 by Mayo Clinic physicians O'Driscoll and Giori in an effort to rectify conflicting reports of CPM benefits. They concluded that when utilized according to specific measures and proper application of devices, CPM reduces blood and fluid buildup in and around joints that have been traumatized or undergone surgery. Therefore, CPM is useful in avoiding joint stiffness in the first hours or days. With this initial stiffness avoided, the chance for other problems such as joint fibrosis or contracture is reduced.

One notable difference in achieving these positive results is their recommendation for immediate application of full range passive. Additionally, close supervision of the CPM device is needed to monitor the limb and adjust for pressure-related problems, making the training of the patient and their family or caretakers critical.

Use of CPM devices, they also point out, is cost effective since it decreases the need for:

- Physical therapy,
- Joint manipulation under anesthesia,
- Post-rehabilitation, or
- Additional surgery for joint stiffness.



Preferred Medical Network saves you time, effort and cost in administering medical and workers' compensation pharmacy claims. Contact us today to discover complete and final solutions customized to your needs.