



Dr Jonathan Herald

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Elbow – Continuous Passive Motion Exercises

- Step 1:** Apply the CPM machine as instructed by the company renting the machine
- Step 2:** Bend your elbow as far as possible in the machine then press the button to help gain a few more degrees of bend. Go as far as you can tolerate.
- Step 3:** Hold this position for 10 minutes.
- Step 4:** Release the elbow and straighten and bend your elbow freely for the next 5 minutes.
- Step 5:** Straighten your elbow as far as possible in the machine then press the button to help gain a few more degrees of straightening. Go as far as you can tolerate.
- Step 6:** Hold this position for 10 minutes.
- Step 7:** Release the elbow and straighten and bend your elbow freely for the next 5 minutes.
- Step 8:** Repeat Steps 2, 3 and 4 if bending is most problematic or Steps 5, 6 and 7 if straightening is most problematic for you.
- Step 9:** Rest the arm for 15 minutes so that for every 45 minutes of exercise you have 15 minutes of rest in each hour
- Step 10:** Continue this program for every waking hour.
- Step 11:** At night keep the arm in a comfortable straightened position, do not use the machine to gain a few more degrees. You must not sleep with your elbow bent.

This program although rigorous is designed to give you the best results for your elbow. In some cases you may be able to take a break from your exercises, beginning with one hour a day and progressively increasing as your elbow can tolerate it. This will be explained to you by Dr. Herald. Please continue the program until your follow-up appointment.

- When to Worry:**
- If you think you have an infection,
 - abnormal bleeding,
 - a wound problem,
 - a bandage that is too tight and cutting off your circulation,
 - new numbness and tingling
 - or any other emergency
- please discontinue the brace and contact the rooms immediately or failing that go back to hospital, see your GP or go to your Hospital Emergency Department.

I look forward to seeing you at your next appointment.

Dr Jonathan Herald
Orthopaedic Surgeon