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Post-Operative Modalities

Following your surgery, Dr Giordano may recommend the use of a Continuous Passive Motion (CPM) machine and/or an ice machine to increase your mobility and comfort following surgery. The machines will be ordered at the time your surgery is scheduled.

Some insurance companies may not pay for these machines, as they feel it is not a medical necessity. Our Product representative will contact you with information on any out of pocket costs you would be responsible for if you elect to use this machine. These machines are entirely optional; you are not required to use them.

If you have any questions about these machines, please contact: **Charlie Rigby, P: 330-310-3352**

CPM Machine

What is the purpose of a CPM Machine?

A CPM may help prevent stiffness, pain and development of adhesions within the joint.

How long do I use the machine?

You will use the machine for approximately 2 weeks, sometimes longer if you are on crutches for an extended period of time. You will use the machine between 2-4 hours/day.

- You should NOT sleep in this machine.
- This machine should NOT increase your pain. If you have an increase in pain at anytime while using the machine, stop using it and try again at a later time.

What does the CPM Machine do?

While you are laying on your back with your leg in the machine, it will slides your foot up towards your body, bending at your knee and hip to the predetermined amount of motion. It will constantly repeat this motion while the machine is turned on.



Cold Therapy (Breg Polar Care®)

How will this machine help me after surgery?

This unit is designed to continuously cool your hip following surgery to reduce post-operative swelling, which in turn will decrease your pain.

How does this machine work?

A wrap designed to go around your hip is connected to a cooler. You need to put ice water in the cooler and then the cold water will continue circulating around your hip for an extended period of time.



Do I need this machine instead of just using ice?

This machine is offered to you as a convenient option. Immediately following surgery your ability to frequently get up to get ice may be limited.