OPEN REDUCTION
INTERNAL FIXATION 3,4,5,6,8,12,13,14,15,20,21

Set-Up
• CPM should be initiated within 24 hours postoperatively.8,11
• If possible the patient should be instructed on wrist CPM use preoperatively to improve compliance.8
• The W2 wrist CPM is recommended for night use. The Maestra wrist CPM is recommended if an end range stretch is desired.

Wearing Schedule
• The CPM is used for 4-8 weeks, or longer, depending on the condition and specific physician PROM standard of practice.5,6,8
• The CPM device initially is used 8-20 hours per day or as tolerated pain free (week one).8
• Usage per day may be decreased as swelling decreases. Daily use should increase if stiffness persists.8
• Duration of use is 4-6 weeks or as needed.8

PROM Goals
• Initially the CPM is set up through available ROM as determined by the physician.8
• “Full ROM attained during surgery may be less during the first 2-3 weeks due to edema.”8
• The patient increases or maintains ROM as tolerated, pain free to meet ROM goals.8

Note: Specific PROM and usage parameters determined by the physician.