

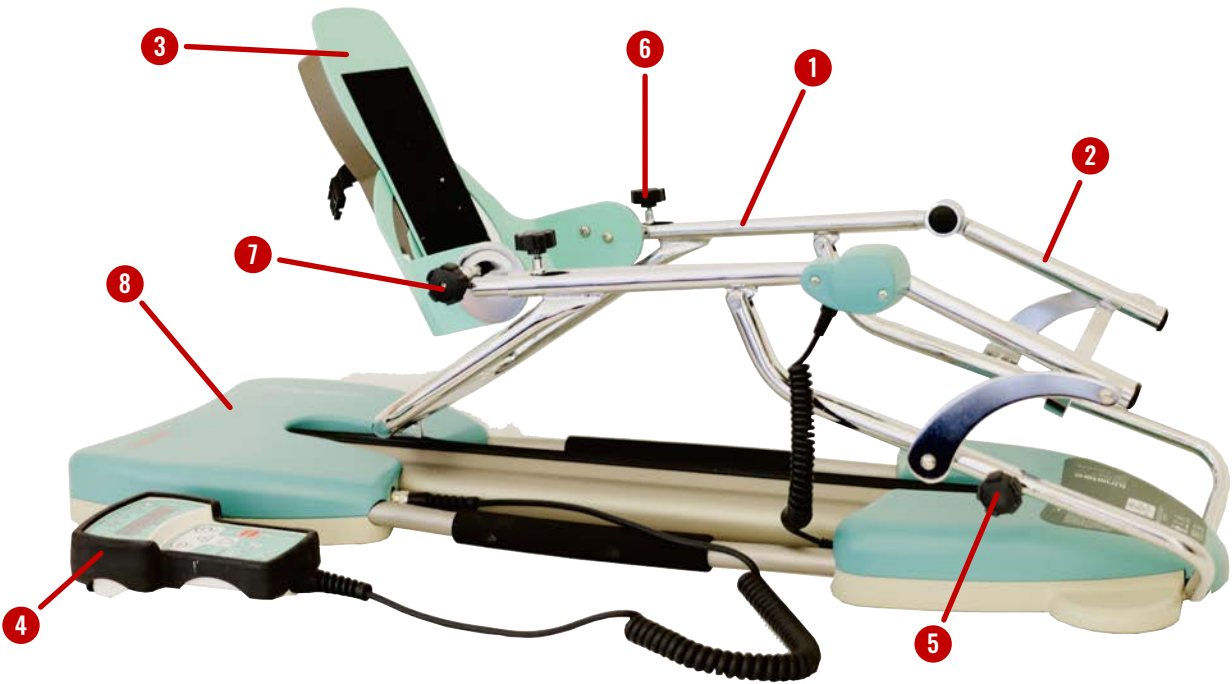
**Basic Purpose of the Knee/Hip iCPM®**

To provide controlled automated passive motion to the affected knee or hip joint(s) following surgery or injury in order to increase your range of motion. Increasing your range of motion may allow you to return to your normal daily functions faster, with less pain and with greater ease.

**1 WHAT'S IN THE CRATE/BOX?**

- ☒ iCPM®
- ☒ iCPM® Pad Kit
- ☒ Power cord
- ☒ Remote control
- ☒ Doctor specific protocols
- ☒ UPS Return Label

**2 GET TO KNOW THE iCPM®**



**KINETEC SPECTRA CONSISTS OF THE FOLLOWING COMPONENTS:**

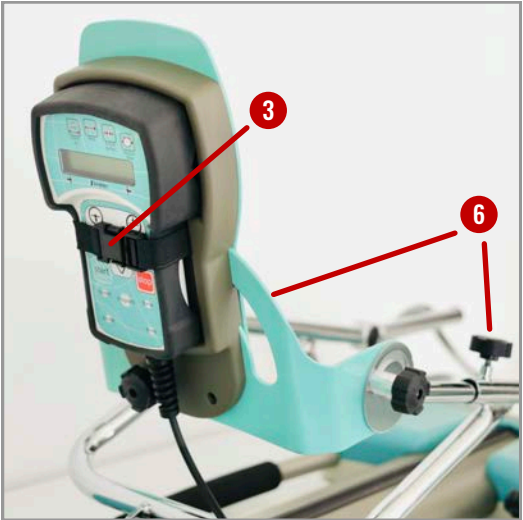
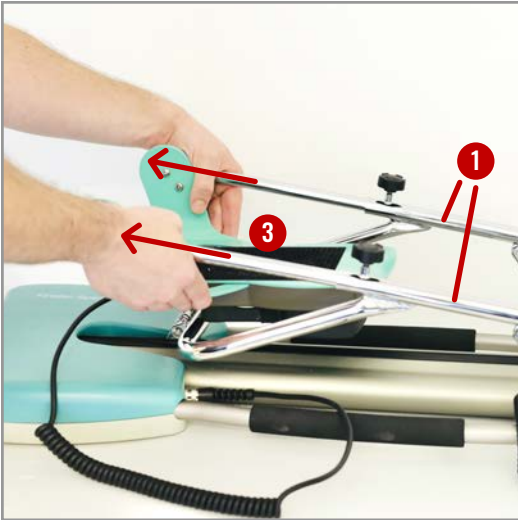
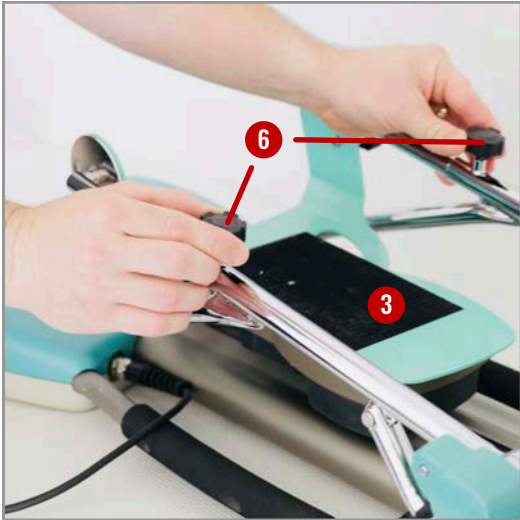
- 1 LOWER LEG SUPPORT
- 2 THIGH SUPPORT
- 3 FOOT SUPPORT
- 4 REMOTE CONTROL
- 5 THIGH SUPPORT SETTING KNOB
- 6 LOWER LEG SUPPORT SETTING KNOB
- 7 FOOT SUPPORT POSITIONING SETTING KNOB
- 8 ON/OFF SWITCH AND FUSES



**WATCH HOW TO SETUP THE iCPM®**  
Scan this code with your smartphone to watch a video demonstrating the iCPM® setup.

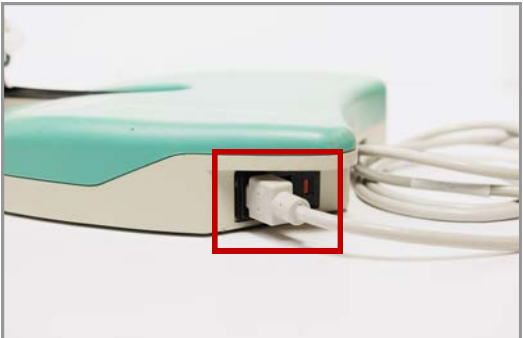
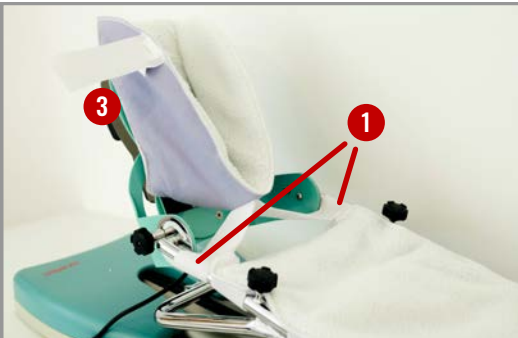
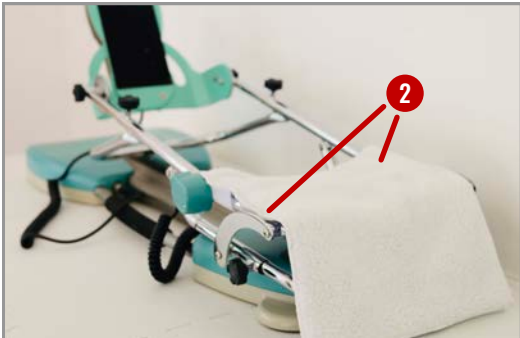
**3 SETTING UP**

- STEP 1** Your iCPM® will come with the foot plate 3 upside down for shipping. Loosen the 2 lower leg support setting knobs. 6
- STEP 2** Pull the foot plate 3 out of the lower limb support. 1
- STEP 3** Turn the foot plate 3 around and slide it back into the lower limb support. 1
- STEP 4** Once placed upright, tighten the 2 lower limb supporting knobs. 6. Unclip remote from back footplate. 3



**4 PLACING THE THERAPY PADS**

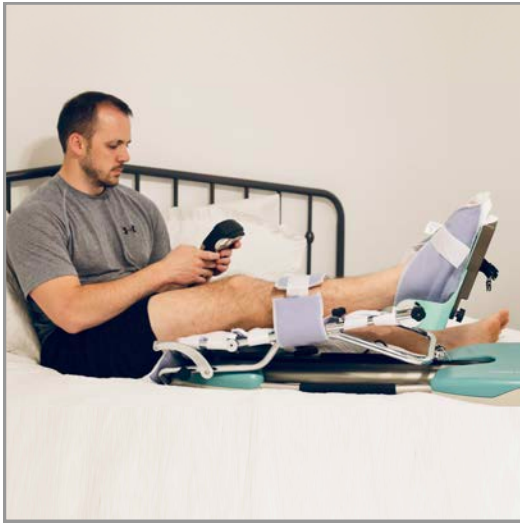
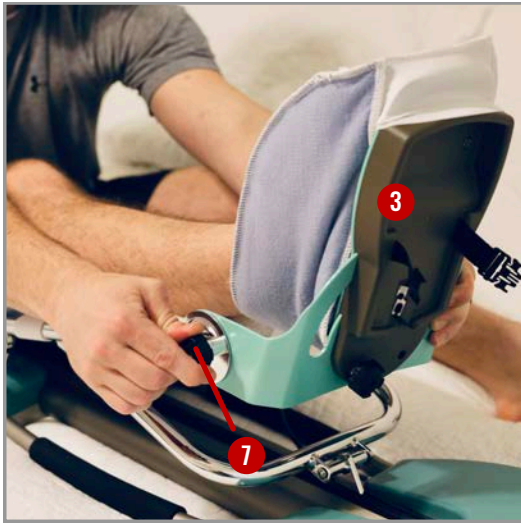
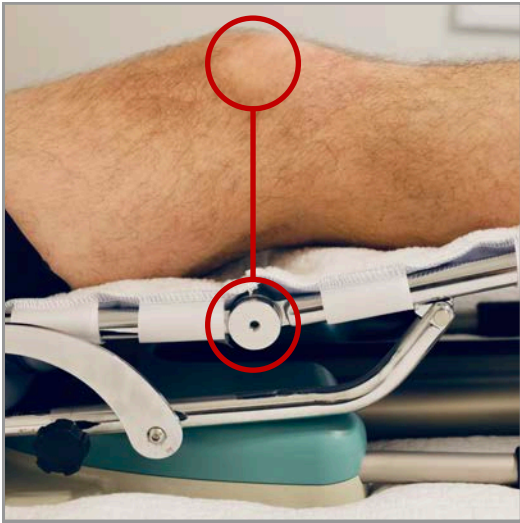
- STEP 1** Use the pad with two straps on the bottom and secure around the thigh support bars. 2
- STEP 2** Use the pad with three straps on the bottom and secure around the lower limb support. 1
- STEP 3** Put the foot pad on the foot plate 3 and secure the long straps around the lower limb support bars. 1
- STEP 4** Plug in the power cord.





**5 FITTING THE PATIENT IN THE iCPM®**

- STEP 1** Place leg in the iCPM® and align knee with the iCPM® joints.
- STEP 2** Use the lower leg support setting knob 6 to adjust the length so the foot is flush with the foot plate. 3
- STEP 3** Adjust the foot support 3 using the foot support knobs 7 until the foot is comfortably in the foot support.
- STEP 4** Once all knobs are tightened down, strap the iCPM® by using the long strap and then velcroing the foot pad.

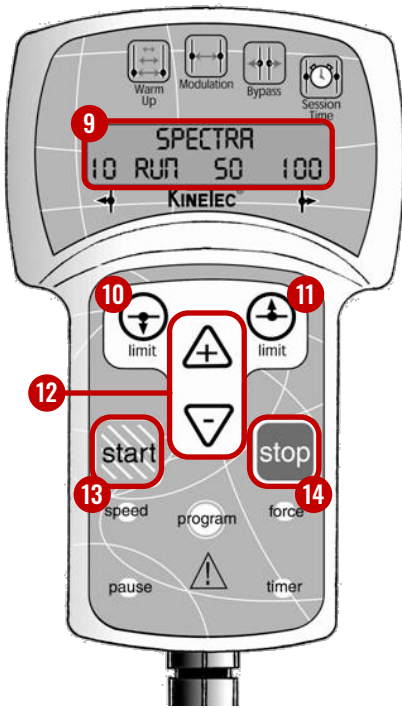


**6 USING THE iCPM® REMOTE**

The KINETEC Spectra is a knee **PASSIVE** mobilization device enabling extension\* and flexion\*\* movement from -10° to 120°.

- 1** To set extension press 10 ⊕ button and then press 12 ▲ or 12 ▼
- 2** To set flexion press 11 ⊖ button and then press 12 ▲ or 12 ▼
- 3** Press 13 start to begin therapy.
- 4** Press 14 stop to stop therapy. Stop therapy at the bottom of extension. This will allow easier entrance into the iCPM® for the next session.

\*Extension: degree the knee enables the leg to straighten.  
\*\*Flexion: degree the knee enables the leg to bend.

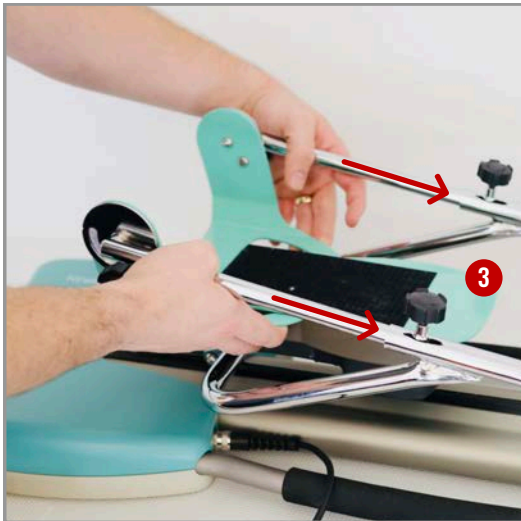


- 9 Display screen
- 10 EXTENSION setting key
- 11 FLEXION setting key
- 12 INCREASE/DECREASE keys
- 13 START key
- 14 STOP key

**7 RETURNING THE iCPM®**

- STEP 1** Place the UPS return label on the box, covering any previous shipping labels.
- STEP 2** Disconnect power cord from the iCPM®.
- STEP 3** Throw away all wraps and pads in a trash can (they are all single-use items).

- STEP 4** Return the remote control 4 to the back of the foot plate 3 for shipping.
- STEP 5** Stop the machine in extension. (0 degrees). Pull the foot plate 3 out of the lower limb support. 1
- STEP 6** Rotate foot plate 3 and slide it parallel to bars for shipping.





**WATCH ONLINE**  
Scan this code with our smartphone to watch a video demonstrating how to safely pack and return ship the iCPM®.

