


# OPTIMA & PERFORMA QUICK START INSTRUCTION

Switch the CPM ON at the black button next to the power cord.

Press  on hand control to run the machine

CPM will run between the preset ROM settings.

To change the **EXTENSION** limit, press , The Extension value will blink.

Use  or  to increase or decrease Extension ROM.

Make  or  changes within 3 seconds.

To change the **FLEXION** limit, press , the Flexion value will blink.

Use  or  to increase or decrease Flexion ROM.

Make  or  changes within 3 seconds.

To change **SPEED**, press 

Press  or  to increase or decrease speed.

To change **FORCE**, press 

Press  or  to increase or decrease force.

To change **TIMER**, press 

Press  or  to increase or decrease timer.