# SPECTRA S1 QUICK REFERENCE GUIDE

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| TASK | ACTION | NOTE |
|---|---|---|
| LOCK / UNLOCK HAND CONTROL | Simultaneously press the + and − keys | Hand control remains locked when the unit is switched ON/OFF at black switch |
| MANUAL SET UP MODE | Switch the CPM ON at black switch<br>Press start on hand control to run the machine.<br>To change the EXTENSION limit, press limit<br>Then use + or − key to increase or decrease extension ROM<br>To change the FLEXION limit, press limit<br>Then use + or − key to increase or decrease extension ROM<br>To change SPEED, press SPEED<br>Press + or − to increase or decrease speed<br>To change FORCE, press FORCE<br>Press + or − to increase or decrease force<br>To change TIMER, press TIMER<br>Press + or − to increase or decrease time | CPM will run between the preset ROM settings.<br>The extension value will blink. (Make + or − changes within 3 seconds)<br>The flexion value will blink. (Make + or − changes within 3 seconds)<br>Value will blink. To validate new changes, wait 3 seconds. |
| SESSION TIME | Press Session Time key to show the running time of the session | Session time is reset each time CPM is switched on at black switch |
| WARM UP MODE | Unit must be stopped stop<br>Press warm up mode key <br>Press start start | SPECTRA starts at 70% of full ROM and increases 5% of the range every other cycle until preset ROM is reached. |

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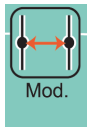
|---|---|---|
| MODULATION MODE<br>  | Unit must be stopped <br>Press Modulation mode key <br>Press and hold down ⊕ to go into **FLEXION** until desire angle has been reached, then save degree by pressing immediately.<br>**OR**<br>Press and hold down ⊖ to go into **EXTENSION** until desire angle has been reached, then save degree by pressing immediately.<br>Press start to operate CPM with new ROM limits. | Used to ensure CPM ROM is within pain limits. |
| BY-PASS MODE<br> | Unit must be running (press start) <br>Press By-Pass mode key <br>Press and hold down ⊕ if the machine is going into **FLEXION** - CPM will bypass preselected flexion range. Save new ROM by pressing immediately.<br>**OR**<br>Press and hold down ⊖ if the machine is going into **EXTENSION** - CPM will bypass preselected extension range. Save new ROM by pressing immediately. | Used to bypass preset ROM limits. |
| PROGRAM MODE | Turn machine OFF at black switch<br>Hold down ⊕ and ⊖ buttons at the same time whilst turning unit on at black switch. Program will appear on the hand control. Release the ⊕ and ⊖ buttons once program message appears.<br>Select one of the 16 programs by pressing ⊕ or ⊖<br>**SELECT MODE:**<br>*WARM UP* - press once *MANUAL SET UP* - press twice<br>Set ROM, force, pause time and speed as per normal. Then press Program Key once all settings have been made.<br>To ***save*** program, press ⊕ To ***clear*** program, press ⊖<br>Turn off machine and turn it on again to access stored programs. | |