

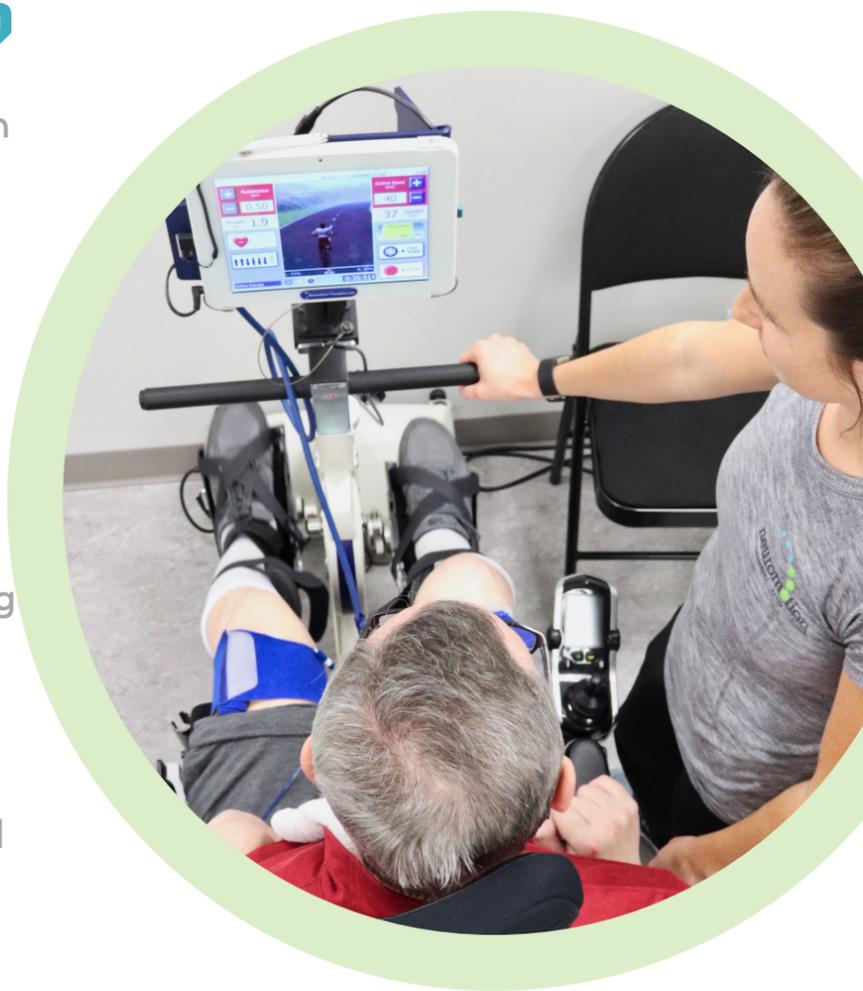
## WHAT IS FES CYCLING?

FES cycling uses co-ordinated electrical stimulation to create a cycling pattern. This stimulated cycling pattern assists individuals with neurological conditions in exercising the large muscle groups of the legs. The FES cycle at Neuromotion is called the RT300. It is made by a company called Restorative Therapies. You can see more information about the cycle on the website: <http://www.restorative-therapies.com/>

## HOW DOES IT WORK?

An electrical current is passed through muscle causing it to contract. The electrical current uses the peripheral nerves to pass the current to the muscle (the peripheral nerves must be intact for a contraction to occur). Research has shown some positive benefits:

- Increase in bulk of stimulated muscles
- Increase in bone density in some leg bones
- Reduced body fat content
- Improved cardiovascular health (fitness training)
- Reduced risk of diabetes (improved glucose tolerance)
- Reduced spasticity in stimulated muscles
- Maintained flexibility



## HOW DOES THE NEUROMOTION FES PROGRAM WORK?

- You will have an initial assessment/consultation with a certified physiotherapist. They will ensure that stimulation levels have been set to the correct levels. The physiotherapist will create an individualized FES program for you and recommend frequency of sessions.
- If you are able to complete sessions independently, or with a caregiver, a second consultation with the physiotherapist may be scheduled to review the process of using the FES bike. After that, you will be able to complete sessions independently.
- If you require some assistance with the FES bike, your sessions will be scheduled with a trained volunteer who will assist you with putting pads on/taking pads off and sit with you for the duration of your session.
- A physiotherapist will regularly monitor your progress and modify/progress the program as needed. Follow up sessions with a physiotherapist can be scheduled as needed.

