

FES CYCLE

FAQs

WHAT IS THE FES? HOW DOES IT WORK? HOW OFTEN SHOULD IT BE USED?

- Functional Electrical Stimulation
- Provides long term therapy for chronic neurological conditions, allowing them to achieve moderate levels of activity
- Applies electrical stimulation to lower motor neurons in the lower extremities to elicit muscle contractions
- Recommended that clients train at least 3x 1hr sessions per week

WHO IS THE FES USED FOR?

Individuals with a variety of neurological conditions

- MS
- CVA (stroke)
- SCI
- Cerebral Palsy

WHAT ARE THE BENEFITS OF ONGOING THERAPY USING FES?

- Relaxation of muscles spasms/spasticity
- Prevention and reduction of disuse atrophy
- Increase local blood circulation
- Maintain or increasing ROM
- Maintenance of bone density
- Prevention of skin breakdown
- Cardiovascular function
- Improved glucose tolerance (reduced risk of diabetes)