

What are the Benefits?

FES is an evidence based treatment modality, that has been shown in research to elicit the following benefits for those who utilize FES.

Physiological benefits:

- Maintenance of musculature
- Prevents bone density loss
- Decreases risk of pressure sores
- Improves cardiovascular function
- Improved local blood circulation
- Reduces muscle spasms
- Maintain range of motion
- Recall of voluntary function

Psychological benefits:

- Improving self-image or self esteem
- Enhancing self-efficacy
- Increases social network

Options for Assessment

An initial assessment is required to determine whether FES is appropriate and can work for you. The assessment takes approximately 60 minutes.

If you are interested in Functional Electrical Stimulation please contact The Steadward Centre at 780-492-5759 for more information regarding programs.



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Phone: 780-492-3182
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Functional Electrical Stimulation (FES)



What is FES?



Functional Electrical Stimulation (FES) is a technique where electrical currents are applied to paralyzed or weakened muscles through electrodes placed on the surface of the skin (transcutaneous). The current delivers the necessary stimulation to elicit a muscle contraction with the purpose of providing functionally useful movements. In the community, FES is used to support the use of bikes, rowers and ellipticals.

Who can benefit from FES?

People who experience weakened or paralyzed muscle due to:

- Stroke
- Spinal Cord Injury
- Multiple Sclerosis
- Cerebral Palsy
- Other neurological impairments

Where Can I Participate?

- 1) **Specialized Sites**—Workout in a specialized FES setting with staff and volunteers on hand to provide assistance with set up if needed

Facility	Contact Information	Hours of Operation
The Steadward Centre for Personal & Physical Achievement	Ph: 780-492-5759	See www.steadwardcentre.ualberta.ca for program schedule
Corbett Hall Student Physical Therapy Clinic	Ph: 780-248-2070 Email: ptsca@ualberta.ca	Mon-Fri: 9:00am–12pm, 1:00pm–4:00pm
*This location is only available for FES assessments at this time		

- 2) **Community Sites**—Use FES independently alongside family and friends in a community fitness facilities. Training is also available upon request from The Steadward Centre (780-492-5759). FES equipment is available for use during facility hours of operation.

Facility	Contact Information	Hours of Operation
Saville Community Sports Centre	Ph: 780-492-1000	Mon-Fri: 7:00am–10:00pm Sat & Sun: 8:00am–10:00pm
*Discounted membership rates for Steadward Centre members		
Don Wheaton YMCA	Ph: 780-452-9622 Email: sridley@edmonton.ymca.ca	Mon–Fri: 5:30am–10:00pm Sat, Sun, & Holidays: 7:00am–7:00pm
*Financial Opportunity Program available. Contact YMCA for more information.		