



COMMUNITY FES PROGRAM

What is FES?

Functional electrical stimulation (FES) is an intervention that uses an electrical current to activate weak or paralyzed muscles.

Small pads called electrodes are placed over arm or leg muscles.

These electrodes provide the electrical current that makes your weak or paralyzed muscles contract to pedal a stationary arm or leg bike.

The Community FES Program is available to the public for \$100/month. Following an initial assessment, access to the FES bikes will be available by appointment.

Who is FES for?

- Spinal cord injury
- Multiple Sclerosis
- Stroke
- Acquired Brain Injury
- Cerebral Palsy
- Parkinson's Disease
- Other neurological disorders

Benefits

- Increase muscle strength and endurance
- Prevent bone loss
- Improve cardiorespiratory fitness
- Improve blood circulation
- Relaxation of muscle spasms
- And MORE!



Physician's Recommendations

Applicant Name:

*Doctor's clearance is required prior to participation

(Please check 1 box)

☐ The applicant is able to participate and I
am unaware of any contraindications to
participation

☐ The applicant is able to participate, but
urge caution because:

.....

.....

☐ The applicant is NOT recommended to join
this program because:

.....

.....

Date:

Physician's signature:

Physician's name (print):



Scan the QR Code to learn
more or to get started!




FIRST STEPS
WELLNESS CENTRE

(306) 522-3792

firststepswellnesscentre.ca

FES@fswcregina.com

2339 2nd Ave.

Regina, Saskatchewan

