



# Functional Electrical Stimulation: Applications in Rehabilitation

Maura Whittaker BPT, MBA

January 17 & 18, 2015

Vancouver, BC

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## Introduction

Functional Electrical Stimulation (FES) is increasingly employed in neurological rehabilitation to improve walking, re-educate & strengthen muscles and address upper limb impairment. Recent practice guidelines on the management of stroke recommend FES intervention "as an adjunctive treatment for patients with impaired muscle contraction, specifically for patients with impaired gait due to ankle/knee motor impairment" (VA/DoD Clinical Practice Guideline for the Management of Stroke Rehabilitation: American Heart Association/American Stroke Association. J of Rehabilitation Research & Development, Vol. 47, number 9, 2010).

## Course Description

The course will be a practical and clinically focused functional electrical stimulation (FES) workshop for physical and occupational therapists with a strong emphasis on hands-on practice. Over 1.5 days you will learn methodology, physiologic principles, treatment protocols and evidence for FES in the upper limb in neurologic rehabilitation. Use of a dropped foot stimulator in stroke gait will also be addressed. The course will include practical demonstration, patient assessment for FES, Best Practices & Clinical Guidelines. **Participants are encouraged to bring their own FES machines** (along with instruction manuals).

## The Speaker

Maura Whittaker is a BC registered physiotherapist who specializes in functional electrical stimulation (FES) for stroke, MS, TBI and other neurological conditions. Prior to commencing a private PT practice in 2009 she was a staff PT on the Spinal Cord Program at G. F. Strong Rehab Centre where she developed an interest and expertise in FES applications in neuro-rehabilitation. Her recent professional activities include:

- Organized the 1<sup>st</sup> FESAiR (Functional Electrical Stimulation – Applications in Rehabilitation) in conjunction with the World Congress of Physical Therapy, Vancouver 2007.
  - Invited speaker on FES in the treatment of the neurologically impaired patient across Canada and in the US and Germany.
  - Collaborated in published FES research with investigators at UBC and U of A.
  - Podium and poster presentations on clinical FES outcomes & research in SCI, Stroke & MS at various North American and European conferences.
  - Since 2001 – guest lecturer in electrotherapy curriculum, MSPT students, UBC.
  - Canadian PT clinician and distributor for UK based Odstock Medical Technology.
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**Location**

Paetzold Health Education Centre, Pattison Pavilion  
 Vancouver General Hospital 955 W 12<sup>th</sup> Ave. Vancouver

**Program**

8:00 – 8:30 Registration and/or breakfast  
 8:30 – 4:30 Saturday program  
 8:30 – 12:00 Sunday program

**Tuition**

Before Dec. 15: Individual **\$341.25** (\$325 + \$16.25). Group of 3+ **\$315.00** (\$300+ \$15.00)  
 After Dec. 15: Individual **\$393.75** (\$375+ \$18.75). Group of 3+ **\$367.50** (\$350 + \$17.50)  
 Includes 5% GST, manual, breakfasts, lunch on Sat. and refreshments.

**Enrollment is limited to 20 seats.**

Cheques may be post-dated to Dec. 15 for the early bird or before Jan. 5 for the regular rate.  
 NSF cheques are subject to a \$25.00 administration fee. Interac transfers can be arranged.

Deadline for registration is January 5, 2015. Please do not make any flight arrangements until the course is confirmed with sufficient registrants.

**Cancellation Policy**

Withdrawals must be made in writing prior to January 14; an administration fee of \$40 is charged. No refunds are made after January 14 but you may send an alternate of your choosing. In the event of course cancellation for due cause, a full refund of the course fee only will be made.

**For More Information**

Contact Dianna at [dmjot@shaw.ca](mailto:dmjot@shaw.ca) or (604) 263-8730 to leave a message.

## FES: Applications in Rehabilitation

January 17 & 18, 2015

Name: \_\_\_\_\_

Organization: \_\_\_\_\_ Prof. \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Tel. Work: \_\_\_\_\_ Home: \_\_\_\_\_

Bringing FES machine?  yes  no Accommodation information required

Dietary restrictions: \_\_\_\_\_

**Before Dec. 15:** Individual \$341  Group \$315 . **After Dec. 15:** Individual \$393.75  Group \$ 367.50

Make cheques payable to Dianna Mah-Jones OT Consultant and mail to 1243 W64th Ave. Vancouver V6P 2M7.