

Checklist

BEFORE, DURING AND AFTER FES CYCLING



Date:

Before the FES cycling session

- Bring pull-on shorts (elastic waist), tank top or t-shirt and grippy footwear (i.e., crocs, slippers or fitness shoes that are easy to put on)
- Ask nursing to help you get dressed
- Ask nursing to get you up and ready for the day. For example: brush your teeth, wash your face or shower
- Ask nursing to shave or trim the area where the electrodes go if you think you need it
- Make sure you have a good meal 60 to 90 minutes before to avoid digestive problems, nausea or vomiting
- Ask nursing to get you up into your seating system at least 15 to 30 minutes (depending on your seating and seated posture tolerance) before your cycle session. This will help to acclimate you to the position

During the FES cycling session

- The first session may take more time for set up. You may be tired and it's normal if you can't tolerate a long ride
- It may take more than one try to get the electrodes in the right spot
- Where your healthcare provider puts the electrodes may be slightly different for each session
- Each therapist does things a little differently. If you remember what worked or didn't work, let them know or add it to the logbook
- You may feel tingling, buzzing, stinging or other sensations where the electrodes are or further down your arms or legs
- You may have increased or decreased spasms in your arms or legs

After the FES cycling session

- Check under the electrodes. If you see areas of redness that don't go away within 1 to 2 hours after the session – let a healthcare provider know

- Look for areas of skin breakdown, tears, or redness from transferring or moving your arms or legs during cycle time
- Ask someone to help you check for skin breakdown, tears, or redness in areas that you can't see or feel
- Keep a logbook or notes about your session.
- Check for signs of autonomic dysreflexia
- If you feel dizzy, lightheaded, sweaty, heart rate slowing, or anything different – let someone on your healthcare team know right away
- Ask for water, electrolytes, and/or a salty snack post treatment
- Ask for range of motion exercises or stretching if you feel tight
- Get enough rest

In general

- You may have increased or decreased sensations like tingling
- You may have increased or decreased spasms in your arms or legs
- You may be tired or sore for one to two days after cycling
- Some sessions may be better than others
- The more sessions you have, the more likely it is that the speed, time you ride, and/or the amount of power (watts) you can produce will increase
- Make sure you communicate with the healthcare team if you have any questions