Functional Electrical Stimulation Bicycle

Therapy
The Restorative Therapies Functional Electrical Stimulation (FES) bicycle uses low levels of electrical stimulation to activate nerves and muscles to restore movement and improve cardiovascular fitness levels in patients with neurological injuries and paralysis.*

Benefits of FES Therapy
- Reverse muscle atrophy
- Improve local circulation
- Increase range of motion
- Reduce muscle spasm
- Up to 6 muscle groups can be selected in a single therapy session
- Improve cardiovascular conditioning

Patient
- Stroke
- Spinal cord injury (upper motor neuron)
- Multiple sclerosis (MS)
- Cerebral palsy
- Other injuries and illnesses
- Transverse myelitis

The stimulated movement can help to combat secondary symptoms such as impaired cardiovascular health, skin breakdown and incidence of osteoporosis, as well as reducing accelerated aging as a result of prolonged immobility.

Treatment Includes
- Thorough evaluation and individualized treatment plan created by the therapist with patient and physician input
- Goal-focused treatment
- Improved patient function and independence
- Community program to continue maximizing gains is available once patient and caregiver are trained

Treatment Resources
Our therapists are highly trained and hold additional specialized certifications to help your patients recover from injury and illness. The FES bicycle is used as a part of the treatment plan.

“FES therapy creates state of the art ability to exercise paralyzed leg muscles in order to reverse some of the cardiovascular deconditioning and muscle atrophy caused by paralysis due to spinal cord injury, stroke or other neurologic diseases that affect the lower limbs.”

Dr. Vivian Moise
St. Luke’s Rehabilitation Institute Physiatrist

*Founder of Restorative Therapies is the lead neurologist for the late Christopher Reeve. Dr. John McDonald used the therapy in 1999 with Reeve. McDonald’s FES bicycle received clearance in 2005 from the Food and Drug Administration (FDA).
Specialized Interprofessional Rehabilitation Programs

As the region’s only Level I Trauma Rehabilitation hospital accredited by Joint Commission and CARF, St. Luke’s offers the most comprehensive set of inpatient and outpatient programs and services:

- Stroke Program
- Neurological and Neuromuscular Disorders
- Brain Injury Program
- Spinal Cord Injury Program
- Amputation Rehabilitation
- Orthopedic Rehabilitation
- Return to Work, Work Injury Management and Prevention
  - Ergonomics
  - Work Conditioning/Work Hardening
  - Physical / Functional Capacity Exam (PCE/FCE)
  - Progressive Goal Attainment Program (PGAP)
  - Structured Intensive Multidisciplinary Program (SIMP)
- Comprehensive Pain Management
  - Complex Regional Pain Syndrome (CRPS)
  - Individualized Pain Management
- Back & Neck Pain/Spine Management
  - Soft Tissue and Spine Mobilizations
  - Sacroiliac Joint (SI)
  - Osteoporosis / Arthropathies
- Electrodiagnostic Testing
- Sports Injury Rehabilitation
- Physical, Occupational, Recreational and Respiratory Therapy
- Aquatic Therapy
- Hand Therapy
- Oncology Rehabilitation
- Women’s Health
- Continence Care
- Lymphedema
- Cardiac/Pulmonary Rehabilitation
- Vestibular/Balance/Fall Prevention
- Pediatrics Rehabilitation
- Speech Therapy
  - Cognitive
  - Speech and Language Evaluations
  - Swallowing Evaluations
- Psychology
  - Psychological Assessments
  - Neuropsychological Assessments
  - Post Concussive
  - Counseling
- Support Group Resources
  - Spinal Cord
  - Stroke
  - Amputee
  - Brain Injury
  - Parkinson’s
- Advanced Technology
  - Assistive Technology Lab
  - Seating and Positioning
  - Lokomat
  - Functional Electrical Stimulation Bike
  - Drivers Evaluation
  - Biofeedback
- Muscular Dystrophy Association Neuromuscular Clinics
- COHE Community of Eastern Washington

Hospital of Choice

American Alliance of Healthcare Providers (AAHCP) recently named St. Luke’s a Hospital of Choice Award recipient, recognizing excellence in services to patients, families and community.

Inpatient Case Management
Phone (509) 473-6058
Fax (509) 473-6118

Outpatient Locations
For a list of all outpatient therapy locations near you visit www.st-lukes.org/locations
Phone: (509) 473-6869
Fax: (509) 473-6097

www.st-lukes.org

St. Luke’s is a division of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community.

* Visit www.st-lukes.org for a complete list of CARF accredited programs.