



Evidence Based Clinical Practice Guidelines for the use of Functional Electrical Stimulation (FES) to improve mobility in adults with lower limb impairment due to an upper motor neuron lesion.



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The Association of Chartered Physiotherapists in Neurology (ACPIN) has launched its Clinical Practice Guidelines for FES used to assist mobility. Backed up by a comprehensive literature review, the guidelines cover all aspects of FES provision including referral, clinical pathways and minimum levels of clinical training.

The guidelines can be downloaded for free below:
www.acpin.net/pdfs/2210%20QMU%20Report.pdf



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**NATIONAL CLINICAL
GUIDELINE FOR STROKE**
for the United Kingdom and Ireland

The Royal College of Physicians have published their updated National Clinical Guidelines for Stroke for the UK and Ireland. This replaces the 2016 edition and are accredited by NICE, SIGN and the Royal College of Physicians of Ireland.

The new guidelines have improved recommendations for rehabilitation, including a recommended 3 hours of therapy a day within the recovery stage. They also state that people with stroke should be considered to have the potential to benefit from rehabilitation at any point after their stroke.

A greater emphasis is put on the need for intensity and repetition to maximise the benefit from therapeutic interventions. In support of this, the role of FES / NMES is recognised and its use is recommended in several areas, including shoulder subluxation pain, muscle weakness, retraining of movement and supporting walking.

NICE National Institute for
Health and Care Excellence

Update to NICE Guidelines for Stroke Rehabilitation in Adults

The new guidelines have improved recommendations for rehabilitation.

In October 2023, NICE (National Institute for Health and Care Excellence) updated their guidance [NG236] relating to Stroke Rehabilitation in Adults over the age of sixteen. This guidance has updated recommendations for the use of FES/NMES in post stroke upper limb management, including strengthening for those who are unable to move their limb against gravity.

The role of FES/NMES is also recognised in the management of hemiplegic shoulder pain and as an adjunct to focal spasticity management. FES continues to be recommended for those with foot drop post stroke.

A major theme of the guidelines is that the total amount of rehabilitation therapy should be significantly increased, with the previous daily target of 40 minutes being increased to 3 hours. FES is a tool that can help provide this increase in therapy time.

The full guidelines can be found here: www.nice.org.uk/guidance/ng236



List of guidelines

Functional electrical stimulation for drop foot of central neurological origin N1733 1P
ISBN 84629-846-6 Jan 09 <http://www.nice.org.uk/Guidance/IPG278>

ODFS Pace and Pace XL functional electrical stimulation devices for treating drop foot.
NICE advice [MIB56] Published date: March 2016
<https://www.nice.org.uk/advice/mib56>

Stroke rehabilitation in adults. NICE guideline [NG236] Published: 18 October 2023
<https://www.nice.org.uk/guidance/ng236>

National Clinical Guideline for Stroke for the UK and Ireland. London: Intercollegiate
Stroke Working Party; 2023 May 4. Available at: www.strokeguideline.org .

Cerebral palsy in adults NICE guideline [NG119]Published: 15 January 2019
<https://www.nice.org.uk/guidance/ng119>

Rehabilitation after traumatic injury NICE guideline [NG211]Published: 18 January 2022
<https://www.nice.org.uk/guidance/ng211>

Multiple sclerosis in adults: management NICE guideline [NG220]Published: 22 June
2022 <https://www.nice.org.uk/guidance/ng220>

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Linden, M. Evidence Based Clinical Practice Guidelines for the use of Functional
Electric Stimulation to improve mobility in adults with lower limb impairment due to
an upper motor neuron lesion. Queen Margaret University and ACPIN 29 September
2022. <https://www.acpin.net/pdfs/2210%20QMU%20Report.pdf>

Johnston TE, Keller S, Denzer-Weiler C, and Brown L. A Clinical Practice Guideline for
the Use of Ankle-Foot Orthoses and Functional Electrical Stimulation Post-Stroke
Academy of Neurologic Physical Therapy, printed in Journal of Neurologic Physical
Therapy: April 2021–Volume 45 – Issue 2 – p112-196. [https://journals.lww.com/jnpt/
fulltext/2021/04000/a_clinical_practice_guideline_for_the_use_of.6.aspx](https://journals.lww.com/jnpt/fulltext/2021/04000/a_clinical_practice_guideline_for_the_use_of.6.aspx)

Hart K and White M. Guidance for Paediatric Physiotherapists working with Surface
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2020 [https://acpc.csp.org.uk/publications/guidance-paediatric-physiotherapists-
working-surface-electrical-stimulation](https://acpc.csp.org.uk/publications/guidance-paediatric-physiotherapists-working-surface-electrical-stimulation)