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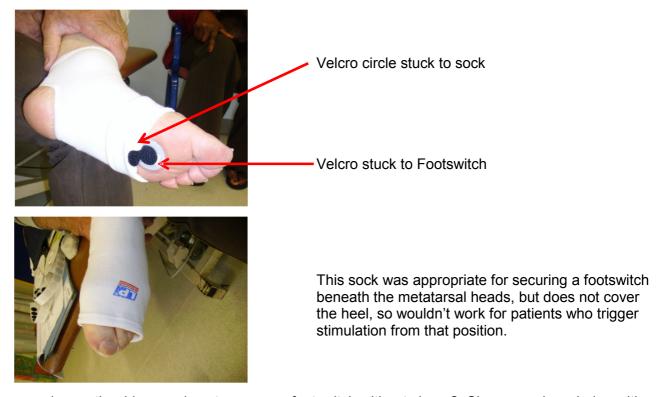
## **ATTACHING A FOOTSWITCH WITHOUT SHOES**

## Laura Humphreys, Senior Physiotherapist

A new user of FES came in to clinic for his 6-week review and had come up with a novel way of attaching his footswitch. Rather than using an insole, he had bought an elastic sports sock and secured the footswitch with adhesive backed Velcro to the sock. This has the advantage that he can wear his FES without shoes.



This patient suffers from Familial Spastic Paresis and does not weight bear adequately through his heel and therefore triggers stimulation from the metatarsal heads



Does anyone have other ideas on how to secure a footswitch without shoes? Share your knowledge with other FES clinicians by contacting us and we can feed back in the next newsletter......