

Course details: Upper Limb Course

- Duration:** 1 day
- Overview:** Master the tools you need to use FES in upper limb clinical applications.
- Training method:** Instructor led (by lecture and demonstration) and by active participation (including using FES on yourself and on patient volunteers)
- Tutors:** Experienced FES clinicians from the National Clinical FES Centre, Salisbury
- Training material:** Course folder (containing copies of all slides)

By the end of this course you will:

- Know the physiological basis for using FES in the upper limb
- Be familiar with the anatomy of the upper limb and motor point location
- Know the effects of using FES in upper limb treatments
- Know how to select patients for upper limb FES treatment, along with the contraindications and safety precautions for using FES
- Know the range of electrode positions used in upper limb treatments
- Be familiar with the available stimulation parameters and modes in the Microstim-2v2 stimulator
- Be able to set up and use the Microstim-2v2 stimulator for a variety of exercise and treatment applications at the hand, wrist, elbow, shoulder and shoulder girdle
- Have an overview of the clinical research evidence for using FES in upper limb treatments
- Have a knowledge of outcome measures used to assess the effect of FES in the upper limb
- Have a knowledge of clinical pathways and protocols

Any pre-requisites: There are no pre-requisites for you attending this course, but it is advised that you refresh your knowledge of upper limb anatomy.

Courseware: You do not need to bring anything with you. At the start of the course you will be supplied with the course material and paper and pens will be available.

Dress code: Our dress code is casual. Electrodes will need to be applied to the skin over upper limb and shoulder girdle muscles so sleeveless top or loose fitting clothing will be essential.

Precautions: During the course, you will be asked to use the stimulators on yourself. If you have a pacemaker, are pregnant or suffer from epilepsy then we ask that you do not take part in those practical sessions, though you may be paired up with one of the other participants.

At the end of the course you will receive a Certificate of Attendance and be asked to provide feedback on the course, by completing an evaluation form.

You have the opportunity to take the equipment you will have used on the course away with you on a 2-month loan to use in your own practice.