

Using functional electrical stimulation (FES) at home

Left foot



Information for patients

Mobility and Specialised Rehabilitation

Are there times when I should not use the stimulator?

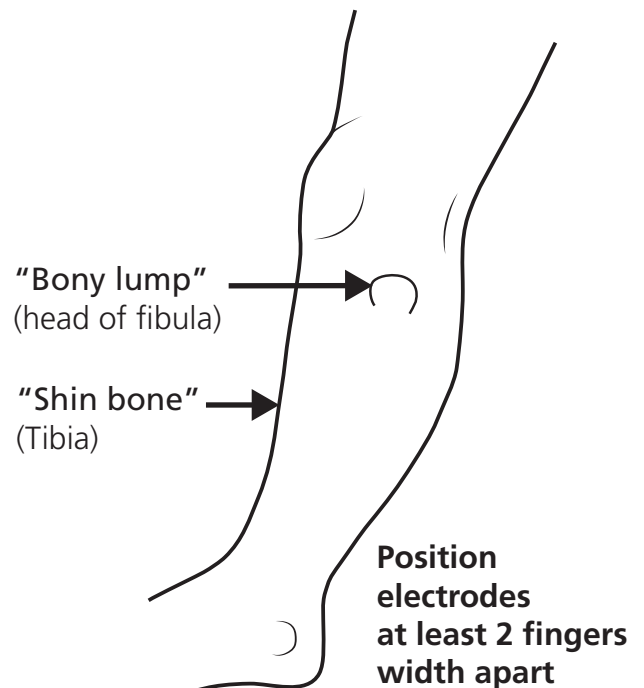
- **Do not use the stimulator when driving. It must be turned off.**
- Gradually build up the amount of time you use the stimulator. Do not use it for more than 2 hours a day for the first 2-3 days of use.
- If you suffer any muscle pain after using the stimulator, do not use it until the pain has gone.

Is there anything else I should be aware of?

- Never shave (or wax) the area under the electrodes.
- Don't apply the electrodes on top of broken or irritated skin.
- Do not apply any oils or creams.

Placement of electrodes

1. Ensure that the stimulator is off before touching the electrodes.
2. The electrodes are set-up similar to the arrangement shown in the picture, although everyone has their electrodes in slightly different positions.
3. Black goes to, red to
4. Position electrodes at least 2 fingers width apart.
5. If the electrodes do not stick properly, even after moistening, discard them and use new ones.
6. Turn the level up until you obtain a strong contraction (but not painful), with the foot coming up and slightly out, do not worry about the number on the screen, it is the response of the foot that is important. If the foot does not respond correctly, see the trouble-shooting section.



Removing the electrodes

- Don't pull the leads when you take the electrodes off, they are quite fragile.
- If the leads come away from the electrode, or the electrodes appear damaged in any way, discard them.
- Slight reddening of the skin after using the electrodes is normal; it should fade within 1 hour.
- Dampen electrodes slightly after use with water (do not lick the electrodes) and store the electrodes on the plastic sheet and in the bag they came in to prevent them drying-out.

Troubleshooting

Problem	Possible solution
Foot does not come up correctly	Check the stimulator is turned up enough.
Foot turns out too far	Try moving the top electrode slightly forwards.
Foot turns in too much	Try moving the top electrode slightly backwards.
The stimulator is turned right-up but the foot does not come-up enough	Check that the electrodes are moist and in good condition. If necessary replace with fresh electrodes. If the electrodes are ok, try replacing the battery. Use good quality alkaline 9V rectangular type (MN1604/PP3).
Stimulation is ok when the test button is pressed, but not when walking	Check the lead to the foot-switch, and that the foot switch is in the correct place in your shoe.

Who should I contact if I have any queries?

Clinical advice and equipment queries: 0114 271 5577

FES Clinic (Alison Clarke, Jill van der Meulen, Mark Reeves, Rebecca Marshall, Amy Scarfe, Victoria Kidgell)

Appointment queries: 0114 271 5502

9.00am - 4.00pm



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