

Functional Electrical Stimulation (FES) – Indication and Contraindications

Indications

- Movement of constricted muscle and tendon tissue and associated ligaments
- Reduces painful contractions and splintering of muscles as a result of injury (relief of muscle spasms)
- Muscle movement to increase the level of circulation of blood and lymph
- Removal of edema
- Helps break the pain-spasm-pain cycle
- Reduces cross-fibered during healing
- Increases range of motion
- Re-education of muscle
- Strengthening of muscle after injury
- Reverse wasting of muscle (used in EPM rehabilitation)
- May decrease healing time for bone fractures after acute phase
- Assists in readjustment of dislocations
- Healing of wounds

Contraindications

- Cannot be used over: cardiac pacemakers, electrical implants, metal implants, carotid sinus, epiglottis, abdomen
- Acute injury – Diagnostic of the problem must be performed before treatment
- Active bleeding – Hemorrhaging may increase with stimulation
- High Fever – A secondary problem may exist that needs treatment
- Infection – Potential for spreading a localized infection because of increased blood flow
- Blood Clots – Therapy may dislodge clots due to increased circulation
- Dislocation – Therapy may actually allow desirable readjustment if performed on adjacent sites
- Pregnancy – Therapy applied close to uterus may initiate contractions
- Cancer – Therapy may break loose bits of cancer and increase spread throughout the body
- Lower motor neuron damage
 - o Polio
 - o Amyotrophic lateral sclerosis (ALS)
 - o Peripheral nerve injuries (brachial plexus)
 - o Muscular dystrophies due to unhealthy muscle tissue

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