



Swiss
Paraplegic
Centre

International FES Centre®

Electrical stimulation for functional improvement of the upper extremity from clinical reasoning to evidence-based practice

20 and 21 November 2020

at Hotel Sempachersee, Nottwil



Electrical stimulation for functional improvement of the upper extremity

Objective: To learn the theoretical and practical foundations of functional electrical stimulation of the upper extremity.

Programme and course topics

Friday, 20 November 2020 9 am to 5 pm

Saturday, 21 November 2020 8.30 am to 4 pm

Course content

To learn the differences in stimulation between lower and upper motor neuron damage

To explain muscle physiology in various diseases (stroke, spinal cord injury, brachial plexus palsy, Guillain-Barré syndrome, peripheral nerve injuries)

To find out about forms of current, stimulation parameters, and stimulation protocols

To present different application examples for the various diseases

To find out about stimulation in function and activity

To learn how to program sequences of movement in the upper extremity

To process cases provided by participants from daily practice in small groups of five

To learn skills and abilities through practising on each other before transferring to patients

To gain an insight into the current evidence of functional electrical stimulation

To obtain information about transcutaneous spinal cord stimulation

The detailed programme will be available on:

www.paraplegie.ch/International FES Centre@area

Please bring shorts and a vest top with you.

Target audience

- Physicians working in the field of neurology, orthopaedics and rehabilitation.
- Physiotherapists and occupational therapists who treat patients with upper and lower motor neuron damage in their practice/clinic. These may be patients who have had a stroke, or who have a spinal cord injury or other neurodegenerative diseases. Patients with peripheral nerve damage caused by accident or disease are also a participant target group.

Preparation

Four weeks before the start of the course, participants will be sent practice-relevant articles on the individual topics by e-mail so that they can prepare. Course participants who would like to process cases from their own practice are requested to send these in summarised form with anonymised details to the Course Administration team by two weeks before the start of the course at the latest: fes.spz@paraplegie.ch.

Course language

English

Costs

CHF 430.– including coffee breaks

Credits

SGPMR Credits are requested

Registration

Registration deadline: 30 September 2020
Registrations will be accepted in the order they arrive. The course organisers reserve the right to cancel the course if there are insufficient participants.

Minimum number of participants: 20

Please register using the online registration form on our [Website](#).

Execution

If the course cannot take place in the presence of the participants due to force majeure (like corona virus), we will offer the course online. We are currently clarifying the options.

Cancellation

If you are unable to attend the course, please contact the organiser in writing or by e-mail as soon as possible. Cancellation costs and administrative fees will be charged to the customer. In the case of cancellations up to 22 days before the start of the course, participants will be charged CHF 20.00/EUR 15.00 to cover administrative costs. The organiser is entitled to charge the following cancellation fees from 21 days before the start of the course:

- 21 to 15 days before the start of the course
30 % of the course fees
- 14 to 8 days before the start of the course
50 % of the course fees
- 7 to 1 days before the start of the course
80 % of the course fees
- Cancellation on the first day of the course/
No show
100 % of the course fees

Course management / Speakers

- Dr. Ines Bersch-Porada, Head of the International FES Centre® in the Swiss Paraplegic Centre Nottwil
- Prof. DDr. Winfried Mayr, Associate Professor, Medical University of Vienna, Center for Medical Physics and Biomedical Engineering
- Thomas Schick, MSc Neurorehabilitation, FES-Lecturer

Information

Swiss Paraplegic Centre
Rehabilitation Administration
Guido A. Zäch Strasse 1
CH-6207 Nottwil
T +41 41 939 55 76
fes.spz@paraplegie.ch
[www.paraplegie.ch/International FES Centre@area](http://www.paraplegie.ch/International-FES-Centre@area)

Overnight accommodation

Hotel Sempachersee
(on the Swiss Paraplegic Centre campus)
Kantonsstrasse 46, CH-6207 Nottwil
T +41 41 939 23 23
info@hotelsempachersee.ch
www.hotelsempachersee.ch

Please contact the Hotel Sempachersee directly for information and bookings.

Important note when booking

When you book your room, please mention that you are taking part in the electrical stimulation course. Rooms have been reserved for course participants until 20 August 2020; no rooms can be guaranteed for bookings made after this date.

Further information / Hotels

Sempachersee Tourismus (tourist information office)

T +41 41 920 44 44
info@sempachersee-tourismus.ch
www.sempachersee-tourismus.ch

Tourist Information Lucerne

T +41 41 227 17 17
luzern@luzern.com
www.luzern.com

How to get to Nottwil

The Nottwil campus is quick and easy to find by car and by public transport, no matter which direction you are coming from.

By train and bus

The campus is a ten-minute walk from Nottwil railway station, where there are trains every half hour to and from Lucerne and (via Sursee) to and from Basel, Bern, Geneva and Zurich. Nottwil station and the path to the station are wheelchair accessible. The Swiss Paraplegic Centre (SPC) and the Guido A. Zäch Institute (GZI) also benefit from their own bus stop on the regional bus network.

Timetable information: www.sbb.ch

By car

Nottwil is not far from the A2 motorway (connecting Basel to Lucerne). Take the Sursee exit and follow the signs to the SPC and GZI. Payment is required for the car park there.

Parking

There are two car parks on the Nottwil campus. Use car park C/D for the Hotel Sempachersee. Additional parking spaces are available on Guido A. Zäch Strasse and at the military hospital. Payment is required for all parking options.

