

## Treatment of spasticity with neuromuscular electrical stimulation (NMES)



# Treatment of spasticity with neuromuscular electrical stimulation (NMES)

Objective: To learn the theoretical and practical principles of neuromuscular electrical stimulation for treatment of spasticity and spasms in various neurological diseases.

## Programme and course topics

Friday, 19 November 2021, 9 am to 5 pm

Saturday, 20 November 2021, 8.30 am to 4 pm

## Course content

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Pathophysiological fundamentals of spinal spasticity

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Pathophysiological fundamentals of cerebral spasticity

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Transfer of the current knowledge about the mode of action of NMES in spasticity and spasms

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Familiarization with current forms, stimulation parameters and protocols

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Presentation of application methods in different pathologies

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Familiarization with stimulation at the level of body functions and structures as well as in activities

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Learn how to program an arm-cranking and FES-cycling activity

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Case discussions in small groups

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Insight into the current evidence about the application of NMES in spasticity and spasms

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Information about transcutaneous spinal cord stimulation

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The detailed programme will be available on:

[paraplegie.ch/International FES Centre® area](http://paraplegie.ch/International_FES_Centre%20area)

## Target audience

- Physicians working in the field of neurology, orthopaedics and rehabilitation.
- Physiotherapists and occupational therapists who treat patients in their practice and want to influence spasticity and spasms with neuromuscular electrical stimulation (NMES). This includes neurological diseases such as traumatic and non-traumatic spinal cord injury, MS, stroke, traumatic brain injury and cerebral palsy.

## 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](mailto:fes.spz@paraplegie.ch)

## Course language

English

## Costs

CHF 300 without coffee breaks and meals  
Participants on site bear the costs of their coffee breaks and mid-day meal.

## Credits

SGPMR Credits are requested

## Registration

Registration deadline: 15 October 2021  
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: 30

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

## Execution

The course is carried out in hybrid form. Depending on the applicable health guidelines, a limited number of participants can take part in the International FES Centre® in the Swiss Paraplegic Centre Nottwil. The number of online participants via Zoom is unlimited.

## 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/EUR 15 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  
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CH-6207 Nottwil  
T +41 41 939 55 76  
[fes.spz@paraplegie.ch](mailto:fes.spz@paraplegie.ch)  
[paraplegie.ch/International FES Centre® area](http://paraplegie.ch/International_FES_Centre@area)

### Overnight accommodation

Hotel Sempachersee  
(on the Swiss Paraplegic Centre campus)  
T +41 41 939 23 23

[info@hotelsempachersee.ch](mailto:info@hotelsempachersee.ch)  
[hotelsempachersee.ch](http://hotelsempachersee.ch)

Please contact the Hotel Sempachersee directly for prices, further 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 18 August 2021; no rooms can be guaranteed for bookings made after this date.

### Further information / Hotels:

Sempachersee Tourismus  
T +41 41 920 44 44  
[sempachersee-tourismus.ch](http://sempachersee-tourismus.ch)  
Tourist Information Luzern  
T +41 41 227 17 17  
[luzern.com](http://luzern.com)

### How to get to Nottwil

[paraplegie.ch/en/contacts/arriving-nottwil/](http://paraplegie.ch/en/contacts/arriving-nottwil/)

