



Schweizer
Paraplegiker
Zentrum

Centre
suisse des
paraplégiques

Centro
svizzero per
paraplegici

Swiss
Paraplegic
Centre

International FES Centre®

Ines Bersch-Porada, Head of the International FES Centre®

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Nottwil, February 27th of 2019
REB/EMME

Course programme

Electrical stimulation of denervated muscles in theory and practice

22 and 23 November 2019



Course location:

Hotel Sempachersee

Kantonsstrasse 46

CH-6207 Nottwil

Course management:

Ines Bersch-Porada MSc, PhD candidate, 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

Information and further details of course:

Swiss Paraplegic Centre, Rehabilitation Administration

www.paraplegie.ch/International_FES_Centre@area

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Friday, 22 November 2019

9.00 – 9.15 am	Introduction and organisational matters <i>Ines Bersch-Porada</i>
9.15 – 9.30 am	Welcome <i>Diana Sigrist-Nix, Head of Rehabilitation</i>
9.30 – 10.15 am	Physiological foundations of lower motor neuron damage Differences in stimulation with lower and upper motor neuron damage Conditions <i>Ines Bersch-Porada</i>
10.15 – 11.00 am	Stimulation of denervated muscles How it works Effect on muscles Forms of current – Parameters Testing <i>Winfried Mayr</i>
11.00 – 11.30 am	Break
11.30 am – 12.00 pm	Muscle physiology – acute – subacute – chronic lower motor neuron damage <i>Winfried Mayr</i>
12.00 – 12.30 pm	Areas of application Stimulation set-up <i>Ines Bersch-Porada</i>
12.30 – 1.30 pm	Lunch
1.30 – 2.00 pm	Examples of treatment from everyday practice <i>Ines Bersch-Porada</i>
2.00 – 3.00 pm	Hands on – Practical training on each other
3.00 – 3.30 pm	Break
3.30 – 4.45 pm	Hands on – Practical training on patients
4.45 – 5.00 pm	Summary
5.00 pm	End of first day of course

Saturday, 23 November 2019

- 8.30 – 9.30 am Application of Stimulette with switch
Example: standing, sitting to standing, walking
Winfried Mayr
- 9.30 – 10.30 am Partial denervation
Incidence
Procedure and type of stimulation
Ines Bersch-Porada
- 10.30 – 11.00 am Break**
- 11.00 am – 12.00 pm Evidence of stimulation of denervated muscles
Research
Outlook
Winfried Mayr
- 12.00 – 12.30 pm Patient care in the outpatient setting
Ines Bersch-Porada
- 12.30 – 1.00 pm Evaluation of course, distribution of course certificates, and conclusion
Ines Bersch-Porada
- 1.00 pm End of course**

Last updated 27 February 2019 / Subject to change without prior notice

Yours sincerely

Swiss Paraplegic Centre
International FES Centre®

Ines Bersch-Porada MSc, PhD candidate
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