

FES Setup

****if at any point you begin to feel unwell, you must stop the session and disconnect from the machine. If you continue to feel unwell contact a medical professional****

To correctly set up the FES device for your session follow the instructions below.

1. Ensure that you are in the correct clothing, ideally shorts and sports shoes
2. Apply the electrodes to your skin as indicated on the body chart you have been provided with, whilst making sure that the connections of all electrodes are accessible.
3. Connect each electrode with the numbered connection point on the lead to be connected to the FES device, as indicated on the body chart you have been provided with.
4. Position yourself centrally in front of the RT300 and edge forwards on your wheelchair/chair such that a pillow of cushion can be placed behind you if required.
5. Place your feet onto the pedals and attach the straps around your calves and diagonally across your feet.
6. Move towards the RT300 such that your legs can be moved through a full cycle comfortably without the back of your legs pressing down into your cushion. The position of the RT300 can be changed using the adjustable legs at the front and back of the frame to acquire the optimal position.
7. *Connect the restraints on the frame of the RT300 to your wheelchair/chair IN FRONT of the axel to prevent you from falling over backwards.*
8. Plug the connection wire into the RT300.
9. Press GO to begin your FES session.
10. When the motor support ends, attempt to continue cycling actively with the stimulation from the FES cycle. When you can no longer maintain the desired speed, the device with switch to passive for the remainder of the session. Should you wish to skip the passive phase press the COOL DOWN button to begin a 1 minute cool down period.
11. Disconnect the connection wire from the RT300 before removing your feet from the pedals and the restraints from your wheelchair to be able to move back from the device.
12. Disconnect the connection wire from the electrodes by holding the blue plastic connector, NOT the wire.
13. Remove the electrodes and reapply them to the plastic storage sheets on the ON side not the NO side and return them to the bag.