

DON KNABE WELLNESS CENTER

FES RT300 Wellness Center Program Information Packet (Upper Extremity and Lower Extremity)



Wellness Center FES RT300 Program check list:

- FES RT300 Medical Waiver
- Purchase appropriate size PAL Platinum Electrodes* before therapy evaluation session. (Purchase forms available at the Reception of the Wellness Center. Brief consultation with a therapists may be necessary to determine appropriate quantity and sizes of electrodes for your individual program)
- FES RT300 Therapy waiver (Signed by therapist who evaluated you on FES300 bike)
- FESRT300 Competency Check-off

When you have completed all steps above you are ready to schedule Wellness Center FES RT300 Program appointments. To schedule appointments in the Wellness Center, please follow the below steps:

- Bring both Medical and Therapy waivers to the reception
- Sign up for the Don Knabe Wellness Center membership (type of membership depends on your individual needs. Some clients benefit from assistance during FES bike sessions. Additional fees apply for assisted FES program and private sessions).
- Bring your electrodes (if you feel comfortable you may apply those on your extremities prior to the session)
- Bring shorts and tennis shoes (for Lower Extremity FES program)
- Bring t-shirt (for Upper Extremity FES program)
- Do not apply lotion to your skin
- Do not shave your skin immediately before the session

All clients on the FES RT300 program will be required to complete one follow-up assisted session every two months with Don Knabe Wellness Center staff, to ensure optimal usage of the FES RT300 bike. Additional fees apply for the follow-up assisted sessions.

***PAL Platinum Electrodes will be inspected during the follow-up assisted sessions. All clients are responsible for purchasing of their own electrodes.**