

RT200/300 FES bike Rancho Los Amigos therapy and wellness program

Information and check list

- ✓ PT/OT order for evaluation/plan of care for RT200/300 FES bike - request from your medical provider
- ✓ **Rancho patients** – your medical provider will place a therapy order in your medical record, and you will receive an outpatient therapy appointment for an evaluation
- ✓ **Non-Rancho patients only** –
 - Schedule 30 min Physical Therapy Wellness Telehealth appointment (fee \$30)
 - Schedule 60 min Physical Therapy Wellness In-person appointment (fee \$130) if recommended by the therapist
 - Purchase appropriate size PAL Platinum Electrodes* before therapy evaluation session. (Purchase forms available via email or at the Reception of the Wellness Center. Therapists will let you know the appropriate quantity and sizes of electrodes for your individual program)
- ✓ Screen by your therapist to ensure that you are able to use the device
- ✓ Screen by your therapist to determine if consultation with your medical provider is necessary to ensure that your body is ready for FES bike
- ✓ Screen by your therapist to ensure that there is a safe and effective way of regularly using this equipment outside of your therapy program. Like other treatments that are a part of your therapy program, the goal is to teach you and your caregivers how to take on more self-direction of managing your health, wellness, and recovery. This process including assessing your position and setup with the device, which is complex.
- ✓ Your therapist will evaluate if your body can experience a meaningful positive response to the bike's stimulation. This first involves testing muscles' response to electrical stimulation one by one. Depending on your diagnosis, different muscle groups may or may not be able to be activated by the device's stimulation. If continuing with follow up sessions, this will involve making your body is tolerating the device well.
- ✓ **For Rancho patients only**: If your therapist determines that FES set up is appropriate, you will receive a first set of electrodes from your therapist. Rancho therapy or the Wellness Center cannot issue replacement electrodes besides the set you originally receive. You will need to buy replacement electrodes when the electrodes are no longer in good enough condition to safely use.
- ✓ There are two types of FES bike use: home* use and the use at the Wellness Center. At the Wellness Center, your therapist will guide you if you would benefit from **unassisted sessions** or **assisted sessions**.
- ✓ You will receive a **FES RT 200/300 Therapy Participation Form** from your therapist that you must turn in at the Wellness Center to participate in the FES bike Wellness Center program.

Unassisted: you and your caregiver (if needed) can use the FES bike on your own; no additional fee besides Wellness Center monthly membership; must call to reserve your slots. All physical adjustments should be completed by user/caregiver. Self-application /donning of all electrodes. If working towards unassisted use, you and any caregiver must show progress towards being able to manage the device yourself. You will receive **FESRT300 Competency Check-off form** from your therapist that you must turn in at the Wellness Center to participate in the unassisted FES bike Wellness Center program.

Assisted: Wellness Center staff will help set you up on the device; additional cost per each session; must call to reserve your slots

- ✓ All leg sessions completed in the wellness center will have the total 'active' time decreased from 60 min to 40min so that the software can progress users as they successfully complete sessions.

*For home use of FES RT300, please discuss further with your therapist.

Other notes:

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 **FES RT 200/300 Therapy Participation Form** to the Wellness Center reception
- ✓ For unassisted program only: Bring **FESRT300 Competency Check-off form**
- ✓ 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.**

***For home use of FES RT300, please discuss further with your therapist.**