



## FES Cycle Program

The NeuroWell Functional Electrical Stimulation (FES) Cycling program uses surface electrodes to generate muscle contractions and stimulate the nervous system after a neurological diagnoses or injury. FES cycling is research validated and has shown to improve function and health for individuals with neurological diagnosis.

Our cycles can provide stimulation to the leg, arm and trunk muscles. This is a great way to enable your muscles to work, even if you aren't able to control them on your own.

### Benefits

- Prevent muscle loss
- Muscle spasm management
- Increased range of motion
- Improved blood flow
- Assist in prevention of other health complications:
  - Osteoarthritis
  - Wounds
  - Diabetes

### Program Details

- Participants need an established FES program by a Physical Therapist or an Occupational Therapist
- Clients are responsible for completing electrode placement
- 60 minute session in a supervised setting

### Location

HealthPartners Neuroscience Center - Rehab  
295 Phalen Blvd Saint Paul, MN 55130

### How do I start?

Please call **651-495-6704** or email **neurowell@healthpartners.com**



Visit [myneurosciencecenter.com](http://myneurosciencecenter.com) to view the full guidebook or scan the QR code to download.