



Québec Adapted Training Centre FSWC

819-742-3792/ <https://www.fswcquebec.ca>

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### CERTIFICATE OF AUTHORIZATION TO PRACTICE PHYSICAL ACTIVITY

The Québec Adapted Training Centre FSWC (FSWC Québec) is a charitable organization registered with the Canada Revenue Agency. Its mission is to improve the mobility, autonomy and health of people with neurological conditions, in order to offer them a better quality of life. Your patient has asked to take part in the individualized intensive adapted training program offered by our kinesiologists and a physiotherapy technologist. We use a variety of specific exercises such as: strengthening specific muscle groups responsible for functional movements, learning the stages of gait development, gait training with a body weight support system, balance, coordination and endurance training, weight-bearing of affected limbs and the electrical neuromuscular stimulator (NMES). Our staff is specifically trained to deliver these types of exercises safely. See the attachment for the types of exercise our kinesiologists use. If you have any questions, please contact : [rdv@fswcquebec.ca](mailto:rdv@fswcquebec.ca). In order to provide safe services and minimize the risk of potential injury, we ask that you please answer the following questions of this certificate.

NAME OF YOUR PATIENT \_\_\_\_\_ MEDICAL DIAGNOSIS \_\_\_\_\_

REASON FOR CONSULTING FSWC QUÉBEC \_\_\_\_\_

ANTECEDENTS AND ASSOCIATED CONDITIONS \_\_\_\_\_

#### PROBLEMS RELATED TO THE DIAGNOSIS

~ Pain(Where): _____	Difficulty with stairs	Difficulty with transfers
Oedema: _____	Balance problems	Difficulty walking
↓ range of motion : _____	Deconditioning	
↓ muscle strength : _____		
Other (please specify) : _____		

#### TREATMENTS AND OBJECTIVES RELATED TO DIAGNOSIS

Oedema	↑Range of motion	↑Muscular strength	↑balance
Improving/securing transfers	Improve exercise tolerance		
Improving effort tolerance	Improving/securing stairs	Improve/secure walking	
Other (please specify) _____			

#### MODALITY, CONTRAINDICATIONS, PRECAUTIONS

Cardiovascular training	No risk	Precautions	Contraindication
Use of vibrating machine	No risk	Precautions	Contraindication
Weight-bearing on affected limbs	No risk	Precautions	Contraindication
NMES-type electrotherapy	No risk	Precautions	Contraindication

Does your patient have hip subluxation problems? No risk Precautions Contraindication.  
If you judge that it is necessary for your patient's safety, please have him/her take an x-ray of the hip.

Specify other precautions if applicable: \_\_\_\_\_

Additional comments: \_\_\_\_\_

Name of the medical doctor: \_\_\_\_\_ E-mail: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Examples of the equipment used and description

### Powerplate

The Power Plate sends out low-frequency vibrations (30 to 50Hz). These vibrations destabilize the body and force muscles to fight against gravity. The contractions provoked by the machine optimize muscle reflexes and thus "force" the muscle to work, to have the right contraction.

The machine helps improve posture, by strengthening the stabilizing muscles of the ankles, hips and shoulders while relaxing muscles and reducing spasms. The machine is used in intervals of 1 to 2 minutes of vibration followed by 1 to 2 minutes of rest.

For those who have had brain injuries, we only use it for their feet and hands, if necessary to use this machine.



### Contraindications for the use of whole-body vibration:

**ABSOLUTE:** Active cancer, retinal detachment, pregnancy, acute disc herniation, pacemaker, thrombosis, phlebitis (acute) or bone tumor

**RELATIVE:** Insulin-dependent diabetes, epilepsy, recent surgery, urinary lithiasis (history), genital prolapse, joint prostheses and orthopedic plates & screws.

[Reference:](#)



### Functional electrical stimulation (FES)

FES is an intervention that uses a low amount of electrical current to activate deconditioned or paralyzed muscles. Small pads, called electrodes, are placed on the skin over targeted muscles of the arms, legs, or core to provide electrical stimulation to your peripheral nerves. This stimulation causes the nerve to fire which evokes a muscle contraction. FES creates patterned movement in the arms, legs, and/or core, with the purpose of producing a functional movement. FES can be safely applied from your wheelchair.

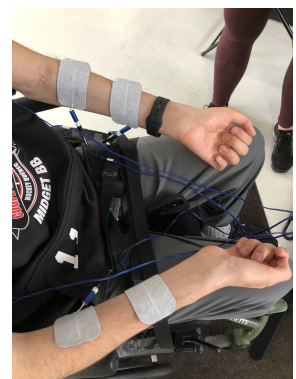
Conditions that may benefit from a FES program include, but are not limited to:

- Spinal cord injury
- Multiple Sclerosis
- Stroke
- Traumatic Brain Injury
- Cerebral Palsy
- Parkinson's disease

What are the perceptible benefits of regular use of a FES?

Regular use of FES promotes many health benefits, which may include:

- Prevention of disuse atrophy,
- Increased muscle strength and muscle endurance,
- Improve grip functions such as grasping and releasing,
- Maintenance or increases in bone mineral density,
- Increased cardiorespiratory fitness,
- Improved blood circulation,
- Maintained or increased range of motion,
- Relaxation of muscle spasms,
- Reduced secondary health complications such as pressure sores and
- Improved mental wellbeing.



The best outcomes are achieved with 3 or more sessions of FES per week.

[Reference:](#)

