The Québéc Adapted Training Centre FSWC
819-742-3792/ https://www.fswcquebec.ca
360 rue Galt Est, local 103, Sherbrooke, Qc, J1G1X9

CERTIFICATE OF AUTHORIZATION TO PRACTICE PHYSICAL ACTIVITY

The Québéc 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 or call 819-742-3792. In order to provide safe services and minimize the risk of potential injury, we ask that you please answer the following questions.

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 strengh :_____
☐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 physician/physician: _____ Tel: _____

Signature: _____ Date: _____

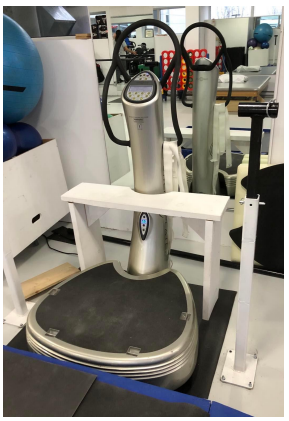
Updated on July 2023

Examples of the equipment used and description

Therasuit®

A flexible, breathable, dynamic orthopedic suit with bungee-like cords attached and the universal exercise unit, also known as the spider cage. The combined use of this equipment helps children to improve motor patterns and correct maladaptive movement patterns. The spider cage includes a pulley system and elastic bands. Using the pulley system helps to target specific muscle groups and isolate weaker muscles. It improves the range of motion, muscular strength and joint flexibility.

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

Trampoline

Examples of benefits

- Improves flexibility and coordination
- Promotes core stability and head control
- Improves balance, stability and posture through movement
- Promotes muscle tone and strengthens limbs.