

A Canadian Conversation about Functional Electrical Stimulation
May 31–June 2, 2018, University of Alberta, Edmonton, Alberta, Canada
Program Schedule

Thursday May 31, 2018

- 8:30- 9:00 am Pre-Conference Registration
- 9:30 – 3:00 pm Pre-Conference— FES cycling (RT-300) Advanced FES Training
- 3:30 – 5:00 pm Registration
- 5:00 – 5:15 pm Welcome (Co-Hosts Dave Collins and Karen Slater)
- 5:15 – 6:15 pm **Keynote Address: Dr. Arthur Prochazka, University of Alberta, Neuroprostheses: A brief history.**
- 6:15 – 8:30 pm Reception and Poster session

Friday June 1, 2018

- 7:30 – 8:30 am Registration and light breakfast
- 8:30 - 10:00 am **Session 1. Pushing the boundaries on the "*function*" in functional electrical stimulation.** This session will explore ways to extend the functionality of current FES technologies and expand current ideas about how and why FES can be used to enhance function.
1. Kei Masani (Toronto) Spatially distributed sequential stimulation to reduce muscle fatigue during FES
 2. Trevor Barss (Edmonton) A comparison of four ways to deliver FES to improve ride times during cycling
 3. Dirk Everaert (Edmonton) The WalkAide Footdrop Stimulator: Therapeutic and orthotic effects on walking performance
 4. Bastien Moineau (Toronto) Development of garments for delivering therapeutic and assistive FES
 5. Aaron Phillips (Calgary) Harnessing neurostimulation to improve autonomic function in spinal cord injury
 6. Ashley Dalrymple (Edmonton) Intraspinal microstimulation: An FES technique for restoring overground walking
- 10:00 – 10:30 am Break – refreshments
- 10:30 – 12:00 pm **Session 2. Developing and delivering FES programs.** In this session, speakers will share experiences related to the development and delivery of FES programs across a broad range of settings including the university, the community and the clinic.
1. Louise Miller (Edmonton): Historical Perspectives of FES in Alberta

2. Owen Carlsen (Regina): Breaking Down Barriers to FES in the Community
3. Karen Slater (Edmonton): FES in the Community— Building a sustainable model
4. Stuart Miller (Calgary): To teach is to learn twice: utilizing a train the trainer approach for translating evidence based research (on FES) into clinical practice
5. Stephanie Marrocco (London) Developing clinical rationale for using FES-assisted therapy in practice
6. Anita Kaiser (Toronto): FES as a component of activity based restorative therapy: Going for GOLD

12:00 - 1:00 pm

Lunch

1:00 - 2:00 pm

Keynote Address: Dr. Kathleen Martin Ginis, University of British Columbia, Physical Activity and SCI: Communicating and Motivating for Change

2:00- 2:15 pm

Break- refreshments

2:15 – 3:45 pm

Session 3: Developing standardised recommendations and protocols for FES exercise: An engagement workshop. (Co-hosts: Dr. Chester Ho (Edmonton), Dr Jan van der Scheer (Loughborough, UK) During this workshop, the audience of researchers, practitioners and FES users will be consulted on the scope and purpose of developing evidence-based FES exercise guidelines. Dr. Jan van der Scheer will present a scoping review followed by a survey and discussions that focus on: subject to the available evidence, for which target population(s) should guidelines be developed, what outcomes should be selected, what types of FES exercise should be included in the guidelines, how should the FES protocols be described in the guidelines?

3:45- 5:30 pm

Tours: The Steadward Centre / Human Neurophysiology Laboratory

7:00 – 11:00 pm

Social Event (tickets required): **Biera, 9570 - 76 Avenue**

Saturday June 2, 2018

8:00-9:00 am

Registration and light breakfast

9:00-10:30 am

Session 4: Barriers and facilitators to FES and active healthy living. This session will explore barriers and facilitators to FES and active healthy living experienced by people living with impairment.

Moderator: Guy Coulombe, Panel members: Anita Kaiser (Toronto), Julie Sawchuk (Blythe, Ont), Stewart Midwinter (Calgary), local FES user (Edmonton)

- 10:30-11:00 am Break—refreshments
- 11:00-12:00 am **The Richard B. Stein Annual Lectureship: Dr. Kristin Musselman, University of Toronto, Three strategies to influence the future of FES in neurorehabilitation**
- 12:00 -1:00 pm Lunch
- 1:00-2:30 pm **Session 5: Moving forward: developing and promoting FES and active healthy living in Canada.** Panel members will introduce areas that they identify as barriers or opportunities to the delivery and uptake of FES-based programs. Ideas identified in previous sessions and by audience members will be integrated into the conversation. By the end of the session a strategy for developing and promoting FES and active living in Canada will be drafted.
- Moderator: Dave Collins, Panel Members: Vivian Mushawar (Edmonton), Milos Popovic (Toronto), Dalton Wolfe (London), Pete Andrews (Saskatoon)*
- 2:30- 2:45 pm Closing Remarks (Co-Hosts Dave Collins and Karen Slater)*