



Continuing Education Questionnaire

Functional Electrical Stimulation in Occupational & Physical Therapy
Group Treatment

Write Your Name:

Once this form is completed, please submit to institute@neurorestorative.com

- 1. What deters many therapists from using E-stim in clinic setting?**
 - a. Too much dead time– Setup, takedown, limited on physical interventions when connected
 - b. It doesn't work
 - c. You must be certified to use E-stim

- 2. What parameters must be decided prior to using E-stim devices?**
 - a. Pulse width
 - b. Target muscles
 - c. Response desired
 - d. All of the above

- 3. What was part of our Pre-testing phase?**
 - a. Finding electrode placement
 - b. Setting e-stim parameters
 - c. MMT and 1-rep max lifting

- 4. Which therapy is this functional E-stim group deliberately designed to be executed by?**
 - a. Occupational Therapy
 - b. Physical Therapy
 - c. Speech Language Pathology
 - d. Any of the above dependent upon the targeted muscles chosen

- 5. The targeted E-stim response during this intervention is:**
 - a. Sensation
 - b. Motor activation
 - c. Neither



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- 6. What factors lead to OT/PT choosing which stations to incorporate in the group?**
 - a. Targeted muscle groups
 - b. Age groups
 - c. Mirroring motor patterns
 - d. All of the Above

- 7. Functional movement patterns increase chance of muscle return as it taps what kind of memory?**
 - a. Procedural memory
 - b. Short term memory
 - c. Explicit memory

- 8. If the client is unable to perform the movement patterns/stations accordingly, what should the leading therapist(s) do so that the client may participate?**
 - a. Remove the station
 - b. Modify the station
 - c. Nothing, this disqualifies the client from participating in this group

- 9. Why did we choose to measure our gains through 1- Repetition Maxes?**
 - a. 1-RMs have good reliability for measuring strength gains regardless of muscle groups and/or gender
 - b. We wanted to see how strong our clients were
 - c. If we taught our clients how to find their 1-RMs then they could go back without us and work towards increasing their 1-RMs.

- 10. If a client is admitted with 0/5 MMT, would they be a good candidate for this FES group?**
 - a. Only if they show potential for return
 - b. Yes, if they can communicate effectively due to poor communication being a contra-indication for E-stim
 - c. No, if they cannot move their muscles then they cannot participate