Scientific/Educational Workshop

**Workshop title**
FES cycling for rehabilitation after CNS lesion

**Workshop organizer**
Lana Popovic-Maneski (Institute of Technical Sciences of the Serbian Academy of Sciences and Arts)

**Speakers**
Lana Popovic-Maneski,
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**Workshop goals**
Introduction to FES cycling and associated difficulties (sitting position, dead spot, muscle fatigue, body asymmetricity).
Demonstration of methods to reduce muscle fatigue during FES.
Demonstration of a method for automated detection of optimal stimulation pattern for cycling.

**Abstract**
Physical activity contributes in preventing secondary impairments associated with reduced motor activity (paralysis). FES (Functional Electrical Stimulation) cycling is a recreative and efficient method that can be used to sustain a regular physical activity in patients after lesion of central nervous system. In this workshop, we will practically explore methods to systematically determine and assess the efficiency of different FES cycling protocols. Participants will be able to personally experience effects of FES, as well to test stimulation patterns for cycling and for reduction of muscle fatigue.