

Course Title: Therapeutic Modalities 215

Course Subtitle: NMES for Muscle Strengthening and Motor Re-Education: E-stim Principles and Parameters

Course Description: This course provides foundational knowledge about how electrical currents can be used to activate muscles, regain muscle strength, and/or restore motor function. Narrated presentations explain electrical principles and parameters so that clinicians can customize NMES application techniques depending on the nature of the motor impairment and the individual's stage of recovery. By understanding what we know about contraindications, precautions, and risks associated with the clinical use of electrical currents, you will be able to select the best candidates who can most benefit from NMES treatment.

Target Audience: OT / OTA, PT / PTA and other healthcare professionals

Course Type: On demand, Audiovisual presentation

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 3 contact hour / .3 ceu

Course Prerequisites: None

Course Author / Instructor: Pamela Houghton, BScPT, PhD

Learning Objectives:

- Understand electrical principles so that you can predict the amount and location of current flow in human tissues including muscles.
- Decide whether an individual is appropriate for NMES given relevant contraindications, precautions, and associated risks.
- Link electrode placement and electrical waveform selection
- Chose common electrical stimulus parameters used in NMES protocols based on the desired outcome and individual patient needs.
- Use application techniques that produce optimal muscle stimulation in a safe, comfortable, and effective manner.

Agenda:

Hour #1

Review of terminology and electrical principles

Understanding Contraindications, and Precautions

Hour #2

Safe Practices and managing E-Stim risks

Linking waveform and electrode placement

Hour #3

Selection of stimulus parameters

NMES application techniques

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

Refund Policy: There will be no refunds for courses taken at OnlineCE.com or monies deposited into My CE Bank. Any money on account will be used for taking future courses. If you start a course in error, or if you are dissatisfied with a course, please contact us in the first part of the course and we will void the course and you can select a replacement course.

Cancellation Policy: Only available courses are offered online and on-demand and available for purchase. No registration fees are collected for courses that are not provided on-demand. Due to the online and on demand format, courses are not cancelled.

Course Date and Location: This is an independent course that is available 24/7 on-demand at www.OnlineCE.com.

Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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