FES standing to improve bone density

According to statistics from charities such as Every Eight Hours and Spinal Research, there are an estimated 40,000 spinal cord injured people in the UK and a new person is injured every eight hours. Many primary causes of death are now no longer direct results of spinal cord injury but are conditions linked to age and inactivity. This means that there are long-term demands on medical support; in particular, treatment of osteoporotic bone fractures often results in lengthy spells in hospital for individuals with spinal cord injury. It is therefore important to minimize the effect of osteoporosis after spinal cord injury; this highlights the need for exercise programmes to target bone health. The seminar aims to demonstrate develop effective Functional Electrical Stimulation (FES) induced weight bearing exercises to improve and maintain bone health in the lower extremities of spinal cord injury patients.