# FES-exercise in Spinal Cord Injury: Fitness, Health and Functional Outcomes

Glen Davis*[1]

[1]Faculty of Health Sciences. The University of Sydney – Australie

**Résumé**

Functional Electrical Stimulation (FES) - evoked cycling exercise has potential aerobic fitness and muscular strength improvements, personal health benefits and specific functional outcomes after participation in this therapy. This presentation will describe some of the known fitness, health and functional outcomes of FES cycling training for those who undertake it., Specific benefits to aerobic fitness and cardiovascular health will be described in relation to reducing the health risk to SCI individuals. Other health benefits accruing to FES-cycling will be outlined. Finally, some functional outcomes such as standing and stepping will be described based on current clinical trials. The findings of a recent international AGREE-II consultation into "best practice" exercise prescription and FES parameter selection will be reported. Finally, for whatever FES cycling in cyber bike contests benefits are provided, ultimately the fitness and health benefits of such exercise will be discussed for an individual with chronic spinal cord injury.

*Intervenant