

Steps to take when skin irritation from functional electrical stimulation has occurred:

1. Stop stimulation until the marks clear
2. Document occurrence
3. Follow standard advice relating to stimulation parameters and electrode/skin care
4. Consider changing to symmetrical biphasic waveform
5. Re-educate about skin/electrode hygiene
6. If skin irritation or inflammation continues or worsens – discontinue use and seek doctor’s advice

FESAir – Functional Electrical Stimulation: Applications in Rehabilitation (2014). <http://www.fesair.ca/index.htm>