



# the way to move





## BerkelBike FES

The BerkelBike Functional Electrical Stimulation (FES) system is an award winning and innovative system, which makes it possible for even completely paralysed legs to move actively again. Advanced high-tech electronics allow people with spinal cord injury to cycle again.



#### Some advantages:

- Fitness improves
- Immune system is strengthened
- Muscle bulk increases
- Circulation improves
- Metabolism is accelerated
- Positive effects on mental health

#### How does it work?

The user wears a kind of cycling shorts with electrodes (the BerkelBike FES shorts), causing the muscles to be activated. A smart computer takes over the task of the brains, by stimulating the correct muscles at the right time. It is also possible to work with adhesive electrodes. Look at the website to check if the BerkelBike FES system is suitable for you.

### Paul (T3):

"For the first time after 30 years I can use my leg muscles actively again."



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