

ATTACHING A FOOTSWITCH WITHOUT SHOES

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A new user of FES came in to clinic for his 6-week review and had come up with a novel way of attaching his footswitch. Rather than using an insole, he had bought an elastic sports sock and secured the footswitch with adhesive backed Velcro to the sock. This has the advantage that he can wear his FES without shoes.



Elastic sports sock

This patient suffers from Familial Spastic Paresis and does not weight bear adequately through his heel and therefore triggers stimulation from the metatarsal heads



Velcro circle stuck to sock

Velcro stuck to Footswitch



This sock was appropriate for securing a footswitch beneath the metatarsal heads, but does not cover the heel, so wouldn't work for patients who trigger stimulation from that position.

Does anyone have other ideas on how to secure a footswitch without shoes? Share your knowledge with other FES clinicians by contacting us and we can feed back in the next newsletter.....