

Transcutaneous Spinal Cord Stimulation (tSCS) against spasticity. Theory and practice.

Lannem A M, PT, PhD¹, *Ingvarsson E P*, MD, PhD², *Simic J*, MD, PhD student, *Helgason B*, Biomedical engineer, PhD^{2,3}

¹ Sunnaas Rehabilitation Hospital, Norway

² Landspítali University Hospital, Reykjavík, Iceland

³ University of Reykjavík, Reykjavík, Iceland

LEARNING OBJECTIVES

The learning objectives are:

- The impact of tSCS on spasticity
- User perspective and
- Practical use with clinical advice

Transcutaneous Spinal Cord Stimulation (tSCS) began as one of many methods to use electrostimulation both in pain treatment and as an aid to facilitate and enhance training to increase muscular force and voluntary control in incomplete Spinal Cord Injury (SCI). tSCS is a new and promising therapeutic tool in Rehabilitation Medicine, in particular in relieving spasticity of spinal origin but also in enhancing muscular activity in SCI patients with incomplete injury, especially facilitating walking, although much is still unknown about the positive effects and potential complications and pitfalls of this treatment. The aim of this workshop is multiple;

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1. A state-of-the-art of tSCS, *Páll Eyjólfur Ingvarsson*
2. Novel research approaches to tSCS effects. *Þórður Helgason*
3. Clinical research from Iceland. *Þórður Helgason*
4. Clinical research from Norway. *Anne Marie Lannem*
5. Describe the implementation of tSCS in clinical practice at the spasticity clinic at Sunnaas Rehabilitation Hospital. *Jelena Simic*
6. Present a user's perspective (by a video presentation)
7. Discussion