**ACTIVATOR™ & Urban Poling Studies in Canada & UK**

**Effects of Walking Technique on Knee Joint Loading**
Dynamic knee joint loading is effected by the walking pole technique adopted. Decrease in dynamic knee joint loading was observed when poles are held away from the body and downward force was applied similar to the ACTIVATOR™ poles walking technique.
Bechard et al., 2015 (unpublished) University of Western Ontario.

**Exploring the Effects of a Health Care Provider Led Physical Activity and Education Program on the Physical and Psychological Indicators of Fall Prevention and Subsequent Independent Living**
The study was conducted with the Nova Scotia Health Authority over a 9-week time span. The exercise sessions were based on the “Otago Falls Prevention Program” but modified with using the ACTIVATOR™ poles. There was a significant change in the following tests: Timed Up and Go, Stride Length, and Single Leg Stork Stand, which are all indicators for falls risk.
Kathryn Gwynn-Brett & John Hudec, 2017 (ongoing study) Cape Breton University

**Is there a place for Activator poles in rehabilitation following Spinal surgery? UK Pilot Study**
This pilot study will evaluate healthy adults’ posture when walking with Activator Poles in comparison to elbow crutches and walking sticks with the aim to achieve the most upright posture. If found to improve posture, Activator poles may therefore be the desired walking aid following spinal surgery with the aim to increase mobility distance and exercise levels. Dependent on the outcome of the pilot, further studies will take place with patients using the poles.  Bruce (current study), Royal National Orthopedic Hospital, UK

**Nordic Walking Using ACTIVATOR™ Poles Increases Exercise Tolerance in Individuals with COPD Compared to Healthy Controls**
VO2, energy expenditure, heart rate, and minute ventilation were all significantly higher for participants using Activator poles. However, the distance walked during a 6MWT was shorter when patients with COPD walked with ACTIVATOR™ poles. Dyspnea and leg fatigue ratings were similar walking with or without poles.
Antoniades, Lim, Gandhi, Montambault, Ricci & Spahija, 2015 (ongoing study) McGill University

**Analysis of balance and gait pattern with StepScan Pedway© technology, in individuals 80 years and older before and after a 12 week Nordic walking program with Activator poles©.**
Hypothesis -Participants in the Activator Pole© Nordic walking program are expected to improve their balance as measured by the BERG balance test and static sway measured by StepScan Pedway©. It is also projected that they will improve their gait speed and step length. In improving these variables it is estimated that they will improve their functional autonomy and also decrease their number of falls.  Ferland & Robbins, (current study) Ste-Anne’s hospital, Montreal

**Clinical Feasibility Project: Outdoor Walking Program with ACTIVATOR™ Poles and Their Impact on Balance, Muscle Strength, the Risk of Falls and Bone Health of Veteran Inhabitants in a Long-Term Care Centre**
Outdoor walkers with dementia used ACTIVATOR™ poles in an innovative geriatric rehabilitation approach. These data suggest that the use of ACTIVATOR™ walking poles contribute to the strengthening of the upper limbs while improving balance and could reduce the risk of falls from users. Bone density, walking speed and strength in the lower limbs were maintained, which is clinically significant for individuals in this population.
Chassé, Germain, Ferland & Gareau, 2015 (ongoing study) Hospital Ste-Anne, Montreal

**Effectiveness of Urban Poling with ACTIVATOR™ Poles for Residents of Long-Term Care Facilities**
Although the sample size was too small to find significant results, there were improvements in participant’s leg and core strength, flexibility, balancing abilities, and perceived physical functioning in an eight-week urban poling program with ACTIVATOR™ poles.

**URBAN POLING**
1-877-499-7999 (T)  604-990-7715 (F)  info@urbanpoling.com  www.urbanpoling.com
Walk Away Stress: Urban Poling on Campus Research Study – Study using Urban Poles
New ongoing study to determine if urban poling (also known as Nordic walking) is a suitable workplace fitness program to address overall wellbeing of employees at the University of Guelph-Humber and Humber College. Coutinho (current study) HUMBER COMMUNIQUÉ