

## ACTIVATOR® Poles Justification Letter

To: \_\_\_\_\_ Re: \_\_\_\_\_

Date: \_\_\_\_\_

Dear Sir/Madam:

The evidence-based ACTIVATOR® Poles are an assistive walking device specifically designed for both rehabilitation and a long-term mobility device. Backed by research with 8 current independent studies, this device is designed to improve stability, balance and confidence for walking.

### Clinical Application(s):

Geriatrics/Aged-Care	Parkinson's Disease, MS, ABI, CVA	Hip & Knee pre/post surgery
Veterans	Spinal Conditions	Cancer Rehabilitation
Soft Tissue injuries and RTW	Arthritis (OA, OP)	Obesity (affecting walking ability)
Traumatic Orthopedic Injuries	Cardiac Rehabilitation	Diabetes (Neuropathy)
Vestibular Disorders	Other: _____	

### ACTIVATOR® Poles Specification

Patent **CoreGrip** design :

- Maximizes offloading, weight bearing and balance.
- Strapless to reduce the risk of injuries associated with straps (Ref. Nordic Pole Walking injuries - Nordic Walking Thumb as Novel Injury Entity. Knobloch et al., 2006)
- Supports wrists in a neutral position
- Wide grip reduces the risk for repetitive strain injuries.



**Button-lock system** ensures the extendable shaft is securely locked for weight bearing capacity of up to 200 lb per pole (90 kg) vs. 20 to 90 lb of other poles. Adjustable in length. Maximum user weight: up to 300 lbs (136 kg)

**Custom ferrule design** reduces vibration and stress on joints.

**Bell-shaped tips** promote upright pole usage for stability and weight bearing.



**Functional outcomes may include:**

- Long-term primary walking device as an alternative to a cane, crutches or walker (only under the advice of a therapist or physician)
- Improved balance, stability and greater confidence while walking (factors to reduce the risk of falls)
- Improved walking tolerance and gait speed with less impact on lower extremity joints to reduce pain
- Improved core strength - key factor for ability to mobility and function in ADLs
- Improved posture - canes and walkers can promote rounding of the back and static arm positioning
- Encourages bilateral, rhythmical movement to improve co-ordination

Sincerely,

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