

In addition to the many health benefits of walking with poles, the patent **ACTIVATOR™ Poles** provide superior support when walking by encouraging proper posture, better balance and overall improved stability. Importantly, the use of these poles has been shown to remove some of the impact and stress away from knees and hips (*further studies submitted for publication*). The specialized **ACTIVATOR™ Poles** and technique, designed by an occupational therapist, build walking-tolerance and confidence following hip or knee surgery, promoting an easier transition from the rehab clinic to an active post-rehabilitation lifestyle. Dr. Agnes Coutinho

Research Benefits

Research studies clearly identify poling as a healthy mode of physical activity suitable for rehabilitation. There are 7 current independent studies on the **ACTIVATOR™ Poles** in Canada and the UK, as well as 240+ studies (PubMed.com) which show beneficial effects of Nordic walking on key health parameters including:

- Pain management
- Reduced impact on knee Joints
- Higher exercise tolerance
- Improved posture, balance & stability
- Healthy weight management
- Increased gait speed



References:

Tschentscher, M. et al. (2013). Health Benefits of Nordic Walking A Systematic Review. *Am J Prev Med*, 44(1), 76-84.
 Kinney, A. et al. (2013). Changes in in vivo knee contact forces through gait modification. *J Orthop Res*, 31(3), 434-40.

I had a knee replacement and the poles have given me the confidence to go out in all kinds of weather and kept me from being housebound because of the pain and mobility issues. They gave me a workout, better balance and a way to take some of the pressure off my painful knee compared to a cane. I absolutely love my poles! Sandra Birdsell

Why Health Professionals recommend the **ACTIVATOR™ Poles**

*I immediately understood the benefits of the **ACTIVATOR™ poles** as an alternative to canes, crutches and even walkers. The poles encourage an upright and symmetrical posture, rather than the forward lean of a walker or an asymmetrical lean from one cane. There is also an immediate reduction in lower extremity pain when weight bearing as well as improved balance and walking confidence. Dolores Langford, physiotherapist*

ACTIVATOR™ Poles were designed by a Canadian therapist with unique features for increased stability and greater weight bearing capacity.

Features include:

- Patent ergonomic CoreGrip for core strengthening
- Strapless handle to reduce the risk of injury
- Secure button locking system
- Stable bell-shaped tips for stability

The information in this publication/presentation is not intended to replace existing rehabilitation programs. The testimonials are those of independent therapists and are not a guarantee of results. The consumer should not rely solely on this publication but should also consult their physician or therapist. Urban Poling Inc. and its employees and representatives do not accept any liability for the information contained in this publication or any damages.