

ACTIVATOR® TECHNIQUE

The basic ACTIVATOR® technique is easy to learn using these 4 steps.*

Step 1

Ensure that you use the correct right and left pole as indicated on the top of the handle.

Step 2

Stand tall, keeping your elbows at a 90° angle. Ensure your poles are always vertical. Keep your elbows bent the entire time you are walking.

Step 3

Step forward with the poles in the same manner as you walk: Put your left leg and right arm forward, then vice versa. Do not keep your arms static; move your arms (with a bent elbow) forward and backward.

Step 4

Do not grip the handle tightly. Push down on the wide ledge of the handle to take pressure off your hips and knees.



Video instructions at urbanpoling.com under Getting Started.



*See your health care professional before starting the ACTIVATOR® program.

“ I had a knee replacement and the poles have given me the confidence to go out in all kinds of weather. 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 user



TRAINING

Healthcare Professional Training

Urban Poling offers training for clinics, hospitals, community centers and Seniors Living. Go to urbanpoling.com - Education / Academy for Webinars and Courses.

CCU approved by ProCert (APTA) ACSM and FAI.

Activator®



urbanpoling.com



UrbanPoling



@UrbanPolingInc



toll free 1-877-499-7999

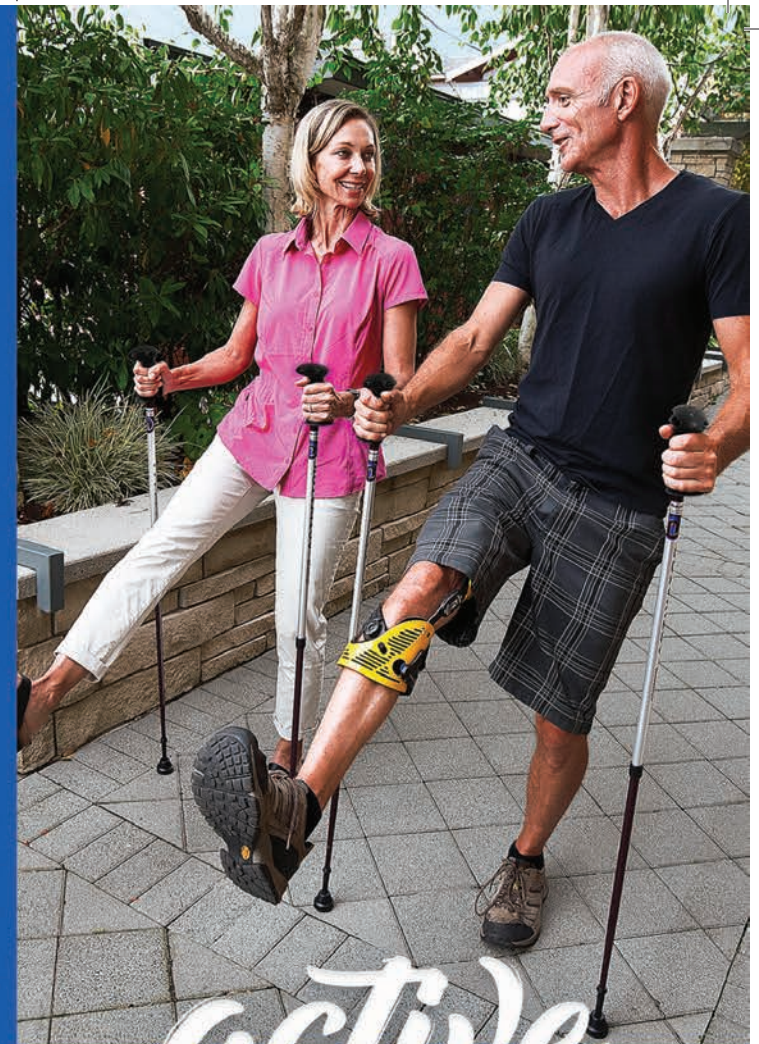


info@urbanpoling.com

Contact Urban Poling Inc. to find out about professional pricing or a retailer near you.

The information in this publication/presentation is not intended as advice to be relied on, but is merely intended for informational purposes. The testimonials are those of independent therapists and are not a guarantee of results. The reader should not rely on this publication but should consult current rehabilitation techniques. Urban Poling Inc. and its employees and representatives do not accept any liability for the information contained in this publication or any damages.

The trademarks, trade names and logos of Urban Poling Inc. appearing in this promotional material are the property of Urban Poling Inc. and may not be used in any way, including any advertising or publicity, or otherwise to indicate Urban Poling Inc.'s sponsorship of or affiliation with any product or service, without Urban Poling Inc.'s prior express written permission.



active
LIVING
PRE & POST
HIP / KNEE
SURGERY

Activator®



“

In addition to the many health benefits of walking with poles the unique ACTIVATOR® Poles provide superior support when walking by encouraging proper posture, better balance and overall improved stability. Designed by an occupational therapist, the ACTIVATOR® Poles, build walking tolerance and confidence for pre and post hip or knee surgery, promoting an easier transition from the rehab clinic to an active post-rehabilitation lifestyle.

”







Dr. Agnes Coutinho PhD



URBAN POLING, also known as Nordic walking, is a growing fitness trend combining specialized poles with walking.

RESEARCH BENEFITS

Evidence based studies clearly identify poling as a healthy mode of physical activity suitable for rehabilitation. Urban Poling offers proven beneficial effects on key health parameters including:

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

Contact us for more information on rehab at info@urbanpoling.com

Why healthcare professionals recommend 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.

- > Ergonomic handle to reduce wrist strain
- > Wide ledge instead of strap to minimize injury
- > Secure button lock system*
- > Bell-shaped tips for stability
- > Anti-vibration features

Maximum user weight 250 lbs / ACTIVATOR 2 - 325 lbs. Consult your therapist about ACTIVATOR® Poles prior to use.