





Activator®

Revolutionizing rehab for mobility and core strength

Research studies clearly identify walking with poles as a healthy mode of physical activity suitable for rehabilitation. There are 18 current independent studies on the ACTIVATOR® Poles in Canada and the UK, as well as 300+ studies (PubMed.com) which show beneficial effects of Nordic walking on key health parameters including:

-  Increased balance & stability
-  Improved posture
-  Increased in core strength
-  Increased endurance

ACTIVATOR® poles are evidence-based and FDA registered, designed through the lens of an occupational therapist with unique features to improve patient outcomes for conditions including:

- Pre and Post Hip & Knee Surgery
- Arthritis
- Post Spinal Stenosis Surgery
- Parkinson's
- Multiple Sclerosis
- Stroke & ABI
- Fall Prevention Programs
- Traumatic Spinal Injuries
- Musculoskeletal Injuries
- Lower Back Pain
- Vestibular Disorder
- Cancer Rehabilitation
- Lymphedema
- Diabetes

Max User Weight:
ACTIVATOR® 250 lb.
ACTIVATOR® 2 320 lb.



1 Ergonomic CoreGrip® designed for core strengthening to improve balance, strength and off loading.

2 Strapless to Reduce the Risk of Injury (Kosloski, 2006)

3 Secure locking system with Greater Weight Bearing Capacity 200 lb/90 kg per pole.

4 Three Anti-vibration Features.

5 Height Adjustable optimal for seated and standing exercises and travel

6 Bell-Shaped Tips Built for Stabilization and Better Balance.

A new alternative to canes, ACTIVATOR® poles

- Promotes a better posture
- Facilitates functional gait pattern and arm swing
- Engages core muscles
- Promotes perception of ability vs. disability



“I have had 7 major spine surgeries for congenital spinal stenosis and two major fracture dislocations of L3 and L2. I am able to walk using Activator® poles for 3 hours per day at 14 months post op.”

Dr. Jack Taunton, Chief Medical Officer for the Vancouver 2010 Olympic and Paralympic Games

GAIT

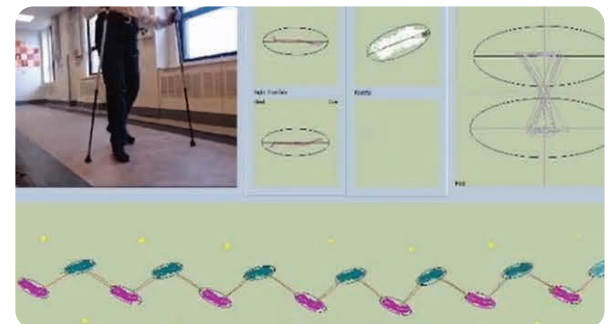
Assessment with the Zeno Walkway & ProtoKinetics Movement Analysis Software



scan here

Gait assessment of walking with ACTIVATOR® poles vs. Walking without poles:

- Significant increase in walking speed
- Significant increase in step length
- Decreased stride width
- Less variability
- Decreased Cadence



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.

