

LIVING WITH ARTHRITIS

Conditions such as arthritis, involving joint pain, stiffness, swelling and discomfort, often pose a challenge for physicians when recommending a routine physical activity program to their patients due to the ongoing pain, fatigue, functional ability changes and mood disturbances they often experience.

Yet, research clearly shows that physical activity, particularly aerobic exercise, can enhance mood, reduce anxiety and depression, while helping to offset fatigue and the symptoms of pain itself, to some degree.

Benefits include:



Provides both aerobic and resistance training



Improved posture



Reduced impact on lower joint extremities



Increased core strength



Increased independence in daily activities



Improved overall sense of wellbeing



Improved mood, self esteem and social interaction

Proudly partner



Mandy Shintani,
OT, Gerontologist, and
developer of ACTIVATOR® POLES



WHY TOP HEALTHCARE PROFESSIONALS RECOMMEND ACTIVATOR® POLES

ACTIVATOR® Poles were designed by an occupational therapist and gerontologist with unique features for increased stability and greater weight bearing capacity.

“The Activator® Poles allow me to be mobile and without pain by taking the pressure off my joints. My gait is steadier and I feel confident that I won't fall. Now that I am able to be more active, I am starting to lose weight. The Activator® Poles are giving me a new comfortable and promising lease on life.” **Joyce** (osteoarthritis & osteoporosis)



Testimonials
Activator® Advantage



1/ Strapless Ergonomic CoreGrip for core strengthening and to reduce the risk of injury.

2/ Secure locking system with weight bearing capacity 90 kg (200 lb per pole).

3/ Anti-vibration features.

4/ Adjustable in length.

5/ Bell-shaped tips for stability.



Consult your physician or therapist before using the poles if you currently use a cane or walker, have any medical condition which affects your balance, stability, grip strength, vision, depth judgment or co-ordination, or if you are currently recovering from injury or surgery.