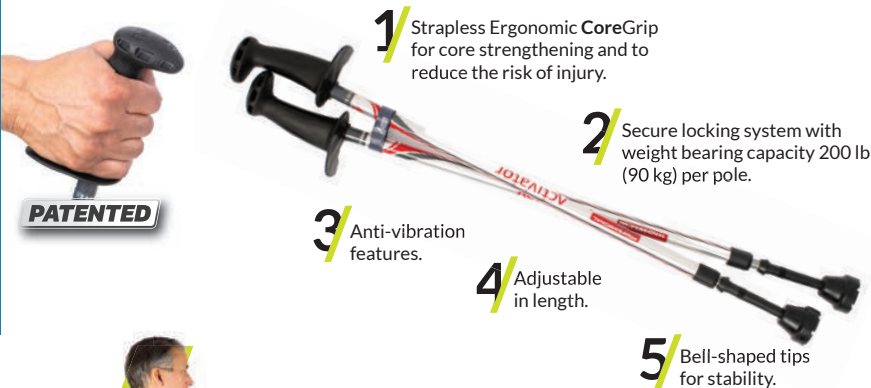


Activator Program provides an advanced solution for patient care that is evidence based to improve treatment outcomes. Designed through the lens of an Occupational Therapist and Gerontologist, our evidence based programs are being adopted as a healthy mode of physical activity designed to improve balance, stability and overall quality of life for people living with Parkinson's.

Activator Advantage



Research Benefits

Research studies on Parkinson's identify poling, with the proper training, as a healthy mode of physical activity suited for improving quality of life. There are currently 18 independent studies on the ACTIVATOR® Poles in Canada and the UK, as well as 19 studies on (PubMed.com) which show the beneficial effects of Nordic walking with Parkinson's. Benefits include:

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

Visit urbanpoling.com for reference to research studies.



Meet Mandy Shintani
internationally recognized OT & Gerontologist as she reviews many of the Activator® benefits.



Feedback from Therapists & Users...

“The Urban and Activator® poles were a hit at our Parkinson's retreats. I continue to show the Activators® at our PWR!® Clinician trainings and we love them in our PWR!® Gym sessions.”

Becky Farley, PhD, Physiotherapist, Arizona Founder, Parkinson Wellness Recovery



“Have You Tried Poling?” Blog

Sharon Krischer, California Chapter Advisory Board Parkinson's Foundation



“Within minutes and with guidance, Harry integrated the use of the Activator® poles into his gait. His cadence was steady and coordinated. His risk of falls is diminished as his base of support has increased. His postural asymmetry is decreased allowing him an increased visual field. The positive outcomes were immediate, I could go on. Harry was able to adapt readily and the positive outcomes were immediate.”

Jasmin Joan Cameron, MSc (RHBS), BSc (OT) For Harry McMurtry who walked 500 Miles for Parkinson's



Nordic Walking Holds Physical Therapy Advantages

Christine Namey, MPT, Rehab Manager, Outpatient & Home Health, Lutheran SeniorLife Rehab Services.

