

Improving Patient Outcomes

Evidence Based Programs with FDA Registered Equipment

Activator Program provides an advanced solution for chiropractic sessions that are evidence based to improve treatment outcomes. Designed through the lens of an Occupational Therapist and Gerontologist, our evidence based and patent program is being adopted as a revolutionary protocol for low back, neck, hip and knee pain.

Post-Surgery Benefits

- Improved posture
- Supports pain management through off-loading capabilities & core strengthening
- Increases flexibility & balance with prescribed seated/standing exercises
- Promotes a normal gait pattern
- Instills positive sense of well-being & self image



Driving Improved Patient Outcomes

The Activator® is internationally recognized as an effective alternative to canes and crutches and to reduce or delay the use of walkers when prescribed to improve outcomes

Activator Advantage

- 1/** Strapless Ergonomic CoreGrip for core strengthening and to reduce the risk of injury.
- 2/** Secure locking system with weight bearing capacity 200 lb/ 90 kg per pole.
- 3/** Anti-vibration features.
- 4/** Adjustable in length.
- 5/** Bell-shaped tips for stability.

PATENTED

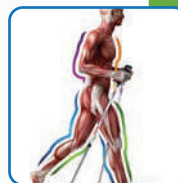
Max User Weight:
ACTIVATOR/ACTIVATOR2 poles: 250/320 lb.



Meet Mandy Shintani
internationally recognized OT & Gerontologist as she reviews many of the Activator® benefits for both post- surgery and beyond.



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Access to Learn
More About How the Activator® compares to other Mobility Aids



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RESEARCH BENEFITS



Research studies clearly identify poling 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, and over 300 studies (PubMed.com) which show beneficial effects of Nordic walking on key health parameters including:

- Improved posture
- Improved balance and confidence
- Improved flexibility
- Pain management
- Wellness & healthy weight management
- Normalizes walking pattern



Bieler et al. (2016) In hip osteoarthritis, Nordic walking is superior to strength training and home-based exercise for improving function. Scand J Med Sci Sports.
Kinney, A. et al. (2013). Changes in in vivo knee contact forces through gait modification. J Orthop Res, 31(3), 434-40.
Rickenbach et al. (current). Examining the role of Activator Poles® for post-operative spinal surgery rehabilitation. Royal National Orthopedic Hospital, UK.
Silverberg et al. (2016). The Effect of Nordic Pole Walking on Chronic Low Back, Hip, and/or Knee Pain on Walking and on Distance Walked. Int J Phys Ther Rehab.

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Here to Learn More About
Evidence Based Activator Research

For more information on research studies, please visit <https://urbanpoling.com>

Activator²
Adjustable for users heights
up to 6'4" (193 cm)

“ I feel great, not only did I work my lower body through urban poling, I also worked my upper body. I tell my patients all the time to walk because this cross action of opposite leg to opposite arm works each individual vertebra all the way up to the neck. See you on the trails.

Dr. Scott Levine
CHIROPRACTOR
Toronto Living TV Segment



“ 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 surgery.”

Jack Taunton,
CHIEF MEDICAL OFFICER
FOR THE VANCOUVER 2010
OLYMPIC AND PARALYMPIC GAMES.





Scan or Click here
to see Dr. Jack Taunton
talking about the Activator®
Poles.



Possible Redemption Billing Codes: E0100, E0110

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