

Improving Patient Outcomes

Evidence Based Programs with FDA Approved Equipment

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 program is being adopted as a revolutionary protocol for both pre-operative and post-operative rehabilitation.

Prehab Benefits

- Specialized & simple exercise program, easily adopted by patient
- Supports weight loss, resulting in reduced surgical time
- Proven to increase patient commitment to exercise vs other programs
- Reduces pain through off-loading & improves joint strength resulting in more favorable post surgical outcomes
- Decreases sense of anxiety, leading up to surgery

Post-Surgery Benefits

- Improves physical recovery with respect to return to function
- Supports pain management through off-loading capabilities
- Improves balance & normalizes gait pattern versus other mobility aids
- Increases strength and range of motion
- Instills positive sense of well-being

*ACTIVATOR® Poles can be prescribed at Week 2 to Week 8 upon approval from the surgeon and physical therapist.

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.

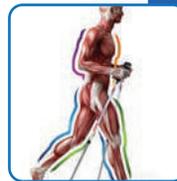


Meet Mandy Shintani

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



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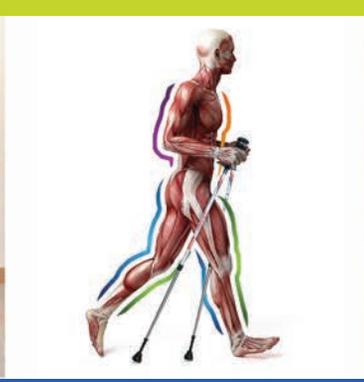


Access to Learn More About How the Activator® compares to other Mobility Aids



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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:

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

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.

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

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

“ Based on recent evidence coming from Canada, we recommend to our patients to progress in the first few weeks, whenever comfortable, from using crutches to using specialised walking canes (Activator® Poles) to aid mobilisation and encourage normalising their gait pattern. ”

Dr. Mihai Vioreanu is a highly experienced, Irish-trained Orthopaedic Surgeon with expertise in knee and hip surgery obtained in Canada and Australia

“ For the past 5 years I have consistently recommended the Activator poles to patients in my surgical practice. They have been especially helpful for spinal stenosis patients who have undergone surgical decompression and extension osteotomy patients who have had surgery for positive sagittal balance. They have been instrumental in promoting an upright posture and a functional walking pattern compared to canes and walkers. In my opinion they facilitate rehabilitation and return patients to optimal function faster. ”

Charles G. Fisher, MD MHS FRCS,
 Surgery of the Spine Past President of the Canadian Spinal Society

“ 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
 Quote from British Columbia Physical Therapy Association Magazine



Possible Redemption Billing Codes: E0100, E0110



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 Here to Learn More About
 Evidence Based Activator Research

