

## Prehabilitation to the Next Level



Activator<sup>®</sup>  
Takes PreHab  
to a whole  
new level.

Better Pre-Hab  
Resulting In better  
Surgical Outcomes.

Better Prehab  
Results in Optimal  
Function

**PATENTED**

- 1 Ergonomic CoreGrip<sup>®</sup> designed for core strengthening to improve balance, strength and off loading.
- 2 Strapless to Reduce the Risk of Injury (Knobloch, 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.

**FDA**  
Registered

## BETTER PREHAB RESULTING IN Improved Patient Outcomes

- ➔ Improved Prehab Benefits with the Activator<sup>®</sup>
- ➔ Improves Range of Motion prior to surgery
- ➔ Supports weight loss, allowing patients to reach BMI requirements
- ➔ Reduces pain with off-loading & improves joint strength
- ➔ Increase patient commitment to exercise vs. other programs
- ➔ Easily adopted, specialized and simple exercise program
- ➔ Decreases sense of anxiety leading up to surgery

**Early Adoption in Prehab Drives Benefits Throughout the Continuum...**



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



Click or Scan Here!



# Activator® For Prehab & Beyond: Hip & Knee Surgery

Activator® provides benefits throughout the healthcare continuum

## Prehabilitation



GETTING READY

## Surgery



THE GREAT DAY

## Rehabilitation



IMPROVING OUTCOMES

## Lifestyle



GAME CHANGING

### Benefits At All Stages

#### Effective Prehab Program Implementation Can Support:

- Encourages Muscle Activation
  - Improves Range of Motion prior to surgery
  - Supports weight loss for Pre-Operative BMI Goals
  - Reduces pain through off-loading & improves joint strength
  - Proven to increase patient commitment to exercise vs. other programs
  - Easily adopted, specialized and simple exercise program
  - Decreases sense of anxiety, leading up to surgery
- Reduced medical & surgical costs
  - Reduced surgical time
  - Reduced Length of Stay
  - Improved functional outcomes
- Improves physical recovery with respect to return to function
  - Supports pain management through off-loading capabilities
  - Improves balance & normalizes gait pattern vs. other mobility aids
  - Increases strength & range of motion
  - Instills positive sense of well-being
- Promotes healthy weight management
  - Increases balance & stability and improves posture
  - Increased walking speed & higher exercise tolerance
  - Activator® can be used for next PreHab should further surgery be required as research shows 40% of TKA patients will have a 2nd TKA surgery



“ 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 and performing over 600 surgeries yearly.



“ 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 rehabilitation and return patients to optimal function faster. ”

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

### The Research Backs it!



#### Click or Scan

Here to Learn More About Evidence Based Activator Research



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

