

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 and patent program is being adopted as a revolutionary protocol for post-operative spinal stenosis rehabilitation.

Post-Surgery Benefits

- Improved posture
- Improves physical recovery with respect to return to function
- Supports pain management through off-loading capabilities
- Increases core strength and balance
- Instills positive sense of well-being & self image

*ACTIVATOR® Poles can be prescribed 1-2 days post spinal stenosis surgery upon assessment 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.

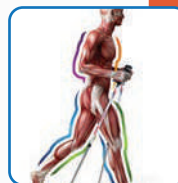
Max User Weight:
ACTIVATOR/ACTIVATOR2 poles: 250/320 lb.



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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The information in this publication/presentation is not intended to replace existing rehabilitation programs. The testimonials are those of independent therapists and are not a guarantee of results. The consumer should not rely solely on this publication but should also consult their physician or therapist. Urban Poling Inc. and its employees and representatives do not accept any liability for the information contained in this publication or any damages.

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
- Higher exercise tolerance
- Pain management
- Healthy weight management
- 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.

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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)

“ 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 MHSc FRCSC,
Surgery of the Spine
Past President of the Canadian Spinal Society

“ 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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