

Prescribed by surgeons, physiatrists, and physicians



Colleen O'Connell

MD FRCPC Physical Medicine and Rehabilitation, Research Chief,
Stan Cassidy Centre for Rehabilitation.

“ We have been using the Activator® Poles in our clinics and hospital for a number of years now. Our population with spinal cord injury, multiple sclerosis, hereditary spastic paraplegia, among others, are responding with a more normalized gait pattern, and are comfortable using the athletic-appearing aids in public. They are a very useful and effective training aid and mobility device in our neurorehab Colleen O'Connell population.”



Dr. Charles G. Fisher

MD MHS Sc FRCSC Surgery of the Spine Professor and Head - Division of Spine Surgery, UBC and Vancouver General Hospital Past President, Canadian Spine Society. and performing over 600 surgeries yearly.

“ For the past 5 years I have consistently recommended the Activator® Poles for patients in my surgical practice. 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



Dr. Jack Taunton,
Chief Medical Officer,
2010 Winter Olympics.

“ I have had 7 major spine surgeries for congenital spinal stenosis and two major fracture dislocations of L3 and L2. Now fused from T9 to S2 and using a body brace. In my right leg, there is no sensation, no proprioception and loss of quad and hip flexion power. I am able to walk using Activator® Poles for 3 hours per day at 14 months post op. The Activator® grip is what sets these poles apart by effectively offloading and enabling me to walk 3-4 hrs a day.





Activator[®] advantage

urbanpoling.com

UrbanPoling

@UrbanPolingInc

PATENTED



	Activator [®] Poles	Nordic Walking/Hiking Poles
Straps	Strapless for injury prevention (Knobloch, 2006)	Straps
Grip	Ergonomic CoreGrip™	Thin handle
Wrist	Neutral	Extended
Weight bearing	200 lb/pole (90 kg)	40-90 lb/pole (18-41 kg)
Core Strengthening	Downward pressure on CoreGrip™ ledge	Downward pressure on strap
Anti-Vibration	3 features (tip, grip & ferrule)	May or may not have any
Tips	Large bell-shaped rubber tips to keep poles vertical for max stability & off loading	No tips, small tips or boot tips (diagonal for fitness use)

*The Activator Poles come with Button lock mechanisms, which makes them stronger and easy to use. Twist-Lock adjustment mechanisms can be challenging to set securely in senior populations with diminished grip strength.

Activator[®] is revolutionizing mobility and rehabilitation. Prescribed extensively in all continuums of health care as an effective alternative to canes and to reduce the use of crutches and walkers.

	ACTIVATOR [®] Poles	Canes	Forearm crutches	Walker
<i>Support</i>	Bilateral	Unilateral	Bilateral	Bilateral
<i>Weight bearing</i>	200 lb/pole (90 kg)	Varies	300+lb. (130 kg)	300+lb. (136 kg)
<i>Stability</i>	2 contact points	1 contact point	2 contact points	4 contact points
<i>Posture</i>	Upright	Leaning to one side	Leaning forward	Kyphotic
<i>Arm swing</i>	Normal	Asymmetrical arm swing	Bilateral arm swing	Static
<i>Gait pattern</i>	Functional	Leaning to one side	Smaller stride	Smaller stride & shuffle
<i>Core strength</i>	Increases	Limited engagement of core muscles	Limited engagement of core muscles	Limited engagement of core muscles
<i>Wrist position (stress)</i>	Neutral	Extended	Extended	Extended
<i>Rest option</i>				Seat
<i>Basket</i>				Yes
<i>Portability</i>	Easy-collapses & 3lb (1.36 kg)	Easy	Moderate	Difficult
<i>Cost</i>	\$114.99 - \$149.99	\$10.00 - \$15.00	\$60.00 - \$180.00	Regular - \$40.00 - \$80.00 Rollator - \$100.00 - \$150.00
<i>Research</i>	~300 on PubMed			
<i>Self-image</i>	Ability	Disability	Disability	Disability

“ The Activator[®] Poles have a unique hand-grip which enables the user to stabilize their arm through the lateral border of the hand, thus providing a little more stability than standard walking poles as well as promoting a more neutral wrist posture.”

Wendy Walker,
neurological physiotherapist
UK, Physiopedia.



Click or Scan
Here to Learn More About
Evidence Based Activator Research
Visit



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.