

# ACTIVATOR® TECHNIQUE

The basic ACTIVATOR® technique is easy to learn using these 4 steps.\*

## Step 1

Ensure that you use the correct right and left pole as indicated on the top of the handle.

## Step 2

Stand tall, keeping your elbows at a 90° angle. Ensure your poles are always vertical. Keep your elbows bent the entire time you are walking.

## Step 3

Walk forward with the poles in the same manner as you walk: Put your left leg and right arm forward, then vice versa. Do not keep your arms static; move your arms (with a bent elbow) forward and backward.

## Step 4

Do not grip the handle tightly. Push down on the base of the handle to take pressure off your hips and knees.



Video instructions at [urbanpoling.com](http://urbanpoling.com) under Getting Started.



\*See your health care professional before starting the ACTIVATOR® program.

“My clients living with Parkinson’s have made huge strides with the ACTIVATOR® Poles. Along with their determination, they have been able to register for their first Parkinson’s Walk Event!”

**Margaret Bowden**  
Progressive Pilates North Shore



# TRAINING

## Healthcare Professional Training

Urban Poling offers training for clinics, hospitals, community centers and Seniors Living. Go to [urbanpoling.com](http://urbanpoling.com) - Education / Academy for Webinars and Courses.

CCU approved by ProCert (APTA) ACSM and FAI.

# activator®



WOMEN OWNED™

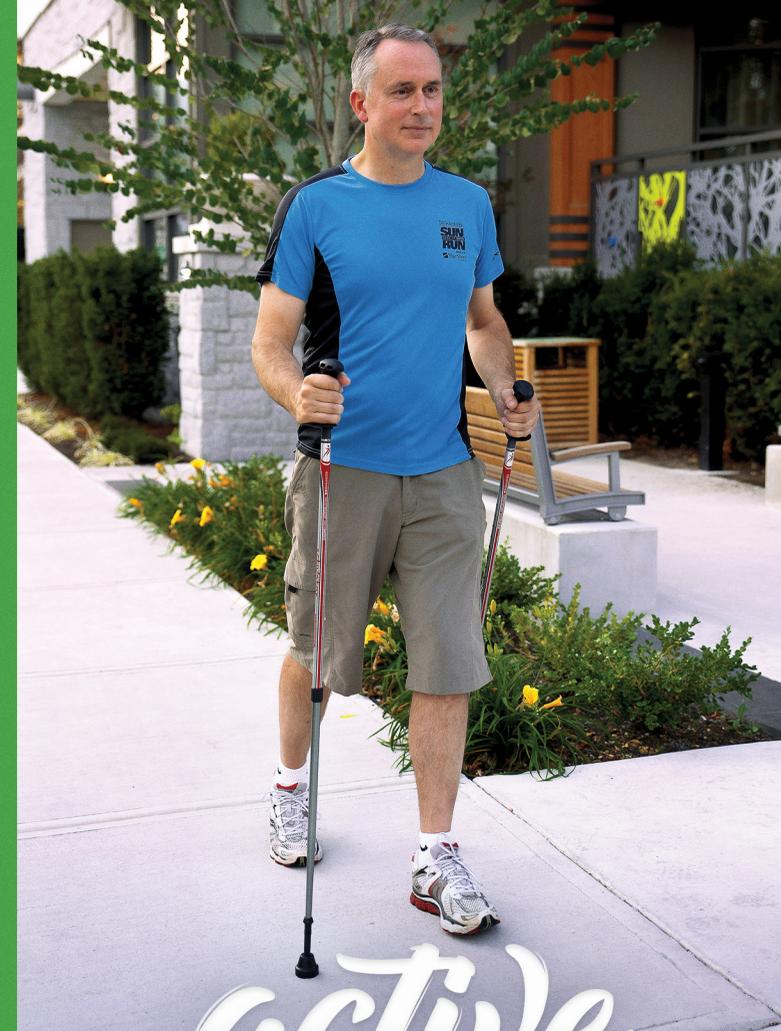
[urbanpoling.com](http://urbanpoling.com) [UrbanPoling](https://www.facebook.com/UrbanPoling) [@UrbanPolingInc](https://twitter.com/UrbanPolingInc)

toll free 1-877-499-7999 [info@urbanpoling.com](mailto:info@urbanpoling.com)

Contact Urban Poling Inc. to find out about professional pricing or a retailer near you.

The information in this publication/presentation is not intended as advice to be relied on, but is merely intended for informational purposes. The testimonials are those of independent therapists and are not a guarantee of results. The reader should not rely on this publication but should consult current rehabilitation techniques. Urban Poling Inc. and its employees and representatives do not accept any liability for the information contained in this publication or any damages.

The trademarks, trade names and logos of Urban Poling Inc. appearing in this promotional material are the property of Urban Poling Inc. and may not be used in any way, including any advertising or publicity, or otherwise to indicate Urban Poling Inc.'s sponsorship of or affiliation with any product or service, without Urban Poling Inc.'s prior express written permission.



# active

## LIVING FOR PARKINSON'S REHAB

# activator®



“ACTIVATOR® Poles were a hit at our 2013 Parkinson’s Retreat, and I continue to show them in our PWR! Clinician trainings, we love the Activators in our PWR! Gym sessions!”

**Becky Farley**

PhD, MS, Physiotherapy Founder  
Parkinson Wellness Recovery



**URBAN POLING**, also known as Nordic walking, is a growing fitness trend combining specialized poles with walking.

## RESEARCH BENEFITS

Evidence based studies on Parkinson’s clearly identify poling, with the proper training, as a healthy mode of physical activity suited for improving quality of life. Walking poles offer proven beneficial effects on general key health parameters, including:

-  **Increased balance & stability**
-  **Improved posture**
-  **Increased in core strength**
-  **Increase in walking tolerance**
-  **Increases independence in activities**
-  **Increased confidence**
-  **Decreased stress anxiety and depression**

There are 10 independent studies on the Activator Poles. Contact us for a copy of the research studies.

## Why Health Professionals are recommend ACTIVATOR® Poles for Parkinson’s Rehab

“I was steered to use the Activator poles by my Parkinson’s disease physiotherapist and I am very pleased that she did. My gait has improved and I have reduced my time to complete my walks by some 30-50%, so now I am focusing on going greater distance. My therapist has recently remarked that I am no longer shuffling.”

**Keith** user

ACTIVATOR® Poles were designed by a Canadian therapist with unique features for increased stability and greater weight bearing capacity.

- > Ergonomic handle to reduce wrist strain
- > Wide ledge instead of strap to minimize injury
- > Secure button lock system
- > Bell shaped tip for stability
- > Anti-vibration features

Maximum user weight 250 lbs/325 lbs. (ACTIVATOR 2) per pole. Consult your therapist about ACTIVATOR® Poles prior to use.