

Activator[®] advantage

Nordic Walking/Hiking Poles

Activator[®] Poles

Straps & thin handle.

Extended Wrist Position.

Core Strengthening: downward pressure on strap

Twist lock and Flip locking mechanism with limited weight bearing capacity.

Anti-Vibration: May or may not have any.

No tips, small tips, or boot tips for positioning poles on a diagonal for fitness use.

01

Strapless Ergonomic CoreGrip™ Handle

for core strengthening and to reduce the risk of injury.

02

Secure locking system

weight bearing capacity 200 lb per pole (90 kg)

03

Anti-vibration features

04

Adjustable in length

05

Bell-shaped tips for stability

“ 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



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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	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)	20-40 lb/pole (9-18 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
Support	Bilateral	Unilateral	Bilateral	Bilateral
Weight bearing	200 lb/pole (90 kg)	Varies	300+lb. (130 kg)	300+lb. (136 kg)
Stability	2 contact points	1 contact point	2 contact points	4 contact points
Posture	Upright	Leaning to one side	Leaning forward	Kyphotic
Arm swing	Normal	Asymmetrical arm swing	Bilateral arm swing	Static
Gait pattern	Functional	Leaning to one side	Smaller stride	Smaller stride & shuffle
Core strength	Increases	Limited engagement of core muscles	Limited engagement of core muscles	Limited engagement of core muscles
Wrist position (stress)	Neutral	Extended	Extended	Extended
Rest option				Seat
Basket				Yes
Portability	Easy-collapses & 3lb (1.36 kg)	Easy	Moderate	Difficult
Cost	\$114.99 - \$149.99	\$10.00 - \$15.00	\$60.00 - \$180.00	Regular - \$40.00 - \$80.00 Rollator - \$100.00 - \$150.00
Research	~300 on PubMed			
Self-image	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.



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