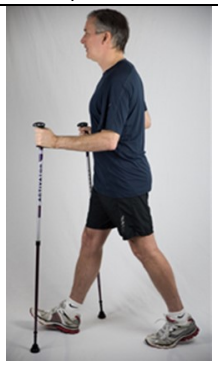
ACTIVATOR Poles compared to other mobility devices

Evidence based ACTIVATOR® Poles are revolutionizing rehabilitation. They are prescribed extensively in all continuums of health care as an effective alternative (or in conjunction) to canes and to reduce or delay the use of crutches and walkers (under the assessment of a therapist).

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. Charles G. Fisher MD MHSc FRCSC, Past President of the Canadian Spine Society

	ACTIVATOR® Poles	canes	Forearm crutches	4 wheeled walkers
Support	Bilateral	Unilateral	Bilateral	Bilateral
Weight bearing	200 lbs/pole (91 kg)	Varies	300+lbs (130 kg)	300+ lbs (136 kg)
Stability	2 contact points	1 contact point	2 contact points	4 contact points
Posture	Upright	Leaning to one side	Leaning forward	May promote kyphotic posture
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 & 3 lbs (1.36 kg)	Easy	Moderate	Difficult
Cost	110.00 -149.00	30.00 - 60.00	60.00 - 180.00	200.00 - 500.00
Research	9 studies on ACTIVATOR			
Self-image	Ability	Disability	Disability	Disability
				

*Not recommended for long term walker users as a primary walking device. Seek the advice of your therapist if you are presently or haven been recommended to use a mobility device to determine if you are a suitable candidate. Your therapist may determine it is more appropriate to use ACTIVATOR Poles for rehab sessions/daily exercise and continue to use a cane/walker/crutches as your primary walking device.

ACTIVATOR Poles compared to other poles

" 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 promoting a more neutral wrist posture. "

- Wendy Walker**,** neurological physiotherapist UK, Physiopedia

	ACTIVATOR® Poles	**Nordic Walking/Hiking Poles**
Grip	Ergonomic CoreGrip	Thin handle
Wrist position (stress)	Neutral	Extended
Ledge or strap	Ledge To reduce the risk of injury (Knobloch et al., 2006)	Straps
Weight bearing & locking system	button lock - 200 lbs/pole (91 kg)	twist lock: 40-90 lbs/pole (18 - 41 kg) Flip lock: 120 lbs/pole (55 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 for positioning poles on a diagonal for fitness use

For 9 current/recent pilot studies specifically on the ACTIVATOR Poles visit urbanpoling.com under Research.

ACTIVATOR® Poles

Designed by an occupational therapist with input from leading physiotherapists.

- Ergonomic CoreGrip for core strengthening, off loading & balance
- Secure button locking system for weight bearing 200 lbs/pole (91 kg)
- Bell-shaped tip for stability
- Ledge instead of strap for minimizing injury
- Anti-vibration components
- Adjustable
- New – ACTIVATOR2 Poles for clients up to 6' 4"(193 cm)

*Maximum user weight for ACTIVATOR is 250 lbs (113 kg)
*Maximum user weight for ACTIVATOR2 is 325 lbs (147 kg)