

Healthcare professionals working with older adults are routinely prescribing walking, as part of rehabilitation and overall health and wellness programs. There are over 100 research studies identifying health benefits of adding specialized poles to any walking routine. Due to the improved balance, posture, reduce impact off painful joints and improved mood and confidence health, this accessible and affordable activity, urban poling, and especially the use of our unique ACTIVATOR™ poles, has become a popular choice for persons requiring help with stability and balance, as well as for older or perhaps less active adults. The ACTIVATOR™ poles are the only ones like it available on the market which have been co-designed by an occupational therapist for maximum safety, comfort and effectiveness, as well as injury and fall prevention.

Currently, the ACTIVATOR™ poles are being used across Canada for clients with Arthritis (OA/OP), Parkinson's disease, MS, TBI, CVA, pre/post hip and knee surgery and replacement (post-acute recovery phase), and fall prevention.

Dr. Agnes Coutinho

Research Benefits

Evidence based research relating to older adults clearly identify poling, with the proper training, as a healthy activity suited for improving quality of life.

Proven benefits include:

- Increase balance & stability
- Increase in mobility
- Improve posture
- Reduce impact off lower extremity joints
- Improve gait speed
- Improve strength (poling can engage up to 90% of your muscles)
- Increase confidence



A 2006 Texas Woman's University study concluded walking poles provided increased gait stability at both preferred and fast speeds, mainly by increasing Maximum Attainable Base of Stability. (Kwon, Silver, Ryu, Yoon, Newton & Shim, 2006) (unpublished)

A 2011 study on Nordic walking with Parkinson's clients found pain, balance and health related quality of life were improved. Reuter, Mehnert, Leone, Kaps, Oechsner & Engelhardt. J Aging Res.

Why Health Professionals recommend ACTIVATOR™ Poles

Urban Poling Activator walking poles are phenomenal in older adult fitness classes. The four points of contact help improve posture, balance and security. But most important of all is the way that participants' self-esteem goes off the chart!"

Don Ferguson, older adult fitness instructor Ottawa, Ont.

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

- Strapless for injury prevention & ergonomic handles
- 3 Anti-vibration features minimizing stress on joints
- Bell shaped tip for stability
- Secure button locking system for weight bearing

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.

Walk your way to better health

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