



Walk Your Way To Better Health

– Enhancing the Patient Experience One Step at a Time

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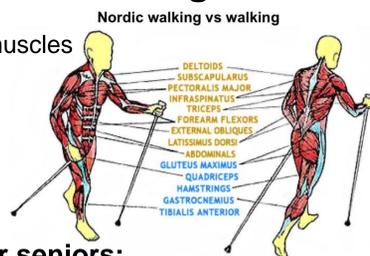


BACKGROUND

Healthcare professionals working with older adults are routinely prescribing walking as part of rehabilitation and overall health and wellness programs. There are many research studies identifying the health benefits of adding specialized poles to any walking routine. Due to the improved balance, posture, reduced impact off painful joints and improved mood and confidence, 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. For this reason, Family Health Teams are beginning to implement this program as a way of offering patients an option to stay active through a very social and easily adoptable form of fitness. Comprehensive training is available for all healthcare professionals and program leaders within a Family Health Team.

Fitness Benefits compared with walking:

- Total body workout – nearly 90% of body's muscles
- Core strengthening
- Burn 20-46% more calories
- Superior aerobic conditioning
- Improved posture
- Vitamin "N"ature



Additional benefits for seniors:

- Factors related to falls prevention
 - 4 wheel drive for humans!
- De-stress lower back, hips, knees
- Gentle, effective exercise
- Improved self-confidence & self-esteem
- Mental health benefits/ Joy of outdoor exercise
- Social activity, Quality of life!

ACTIVATOR™ Poles vs Other Rehab Devices

ACTIVATOR™ Poles (patent pending design) are revolutionizing rehabilitation and being used extensively in all continuum's of health care instead of passive mobility devices such as canes, crutches and even walkers* (under the assessment of rehab professional or physician).

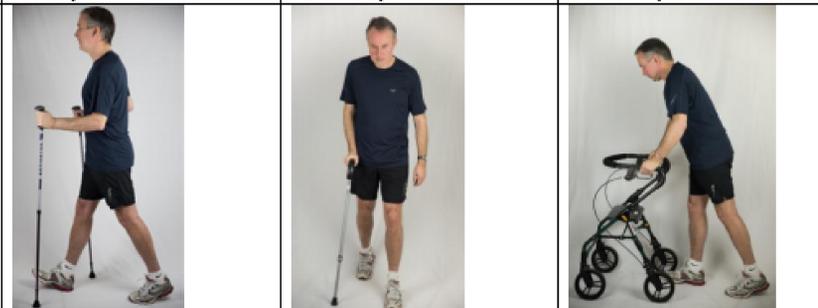
“They have been instrumental in promoting an upright posture and a functional walking pattern compared to canes and walkers. In my opinion they facilitate rehabilitation and return patients to optimal function faster.”

~ Dr. Charles G. Fisher MD MSc FRCS, Past President of the Canadian Spine Society



	ACTIVATOR™ Poles	Canes	4 wheeled walkers
Support	Bilateral	Unilateral	Bilateral
Weight bearing	200 lbs/pole (91 kg)†	Varies	300+ lbs (136 kg)
Stability	2 contact points	1 contact point	4 contact points
Posture	Upright	Leaning to one side	Kyphotic
Arm swing	Normal	Limited arm swing on affected side	Static
Gait pattern	Functional	Leaning to one side	Smaller stride & shuffle
Core strength	Increases	Limited engagement of core muscles	Limited engagement of core muscles
Wrist position (stress)	Neutral	Extended	Extended
Rest option			Seat
Basket			Yes
Portability	Easy-collapses & 3lbs (1.36 kg)	Easy	Difficult
Cost	<100.00	<100.00	200.00 – 400.00
Research	~200 on PubMed		
Self-image	Ability	Disability	Disability

*If your client is already using a walker, an assessment is required to determine if the ACTIVATOR™ Poles are suitable. Therapy may be required for improving strength, balance & coordinator prior to use.
†Maximum user weight is 300 lbs (136 kg)



Program Options for Family Health Teams

EXERCISE PROGRAM FOR ACTIVE ADULTS 65+

- Suitable physical exercise for retirement living
- Social indoor/outdoor activity
- Weight Management/total body conditioning

FALL PREVENTION PROGRAM

- Suitable activity for less active older adults
- Improve core strength, ROM & balance
- Sitting, standing & pre-gait exercises

REHABILITATIVE PROGRAM OPTIONS:

- Pre & Post hip/knee surgery
- Spinal stenosis
- Cardiac & stroke rehab
- Cancer recovery
- Parkinson's Disease, MS
- Osteoporosis, Arthritis
- Diabetes management



: Health Benefits of Nordic Walking: A Systemic Review;Tischner et al; (Am J Prev Med 2013;44(1):76 – 84)

ACTIVATOR™ Poles vs Other Nordic Walking/Hiking 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 and promoting a more neutral wrist posture.”

~ Wendy Walker, neurological physiotherapist UK, Physiopedia

	ACTIVATOR™ Poles	Nordic Walking/Hiking Poles
Straps	Strapless for injury prevention - Knobloch, 2006	Straps
Grip	Ergonomic CoreGrip	Thin handle
Wrist position (stress)	Neutral	Extended
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

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PARTNERS

