Walking Poles for Rehab
Introduction

Mandy Shintani, BSc (OT), MA (Gero) 
Occupational Therapist & co-owner Urban Poling Inc. 
Co-developer ACTIVATOR Poles & Technique

Urban Poling popular first with the fitness industry with 
Urban Poling (Nordic walking)
Ability vs. Disability – 500 Miles for Parkinson’s
Dolores Langford, Physio

“I immediately understood the benefits of the ACTIVATOR™ poles as an alternative to canes, crutches and even walkers. The poles encourage an upright and symmetrical posture, rather than the forward lean of a walker or an asymmetrical lean from one cane. There is also an immediate reduction in lower extremity pain when weight bearing as well as improved balance and walking confidence”. Directions Newsletter BCPA Urban Poling - copyright
Sandra Birdsell – Knee Replacement

“I had a knee replacement and the poles give me the confidence to go out in all kinds of weather & kept me from being housebound. They gave me a workout, better balance & a way to take some of the pressure of my painful knee compared to a cane.”

-Knee Replacement Activator poles – 4-6 weeks

-Hip Replacement- Activator poles – 4-8 weeks
Clinical Rehab Uses:

- Post Surgery Hip and Knee
- Arthritis - OA, OP
- Stroke
- Return to Work
- Chronic Pain
- Brain Injury
- Parkinson’s, MS, ABI
- Spinal Stenosis
- Homecare
- Factors relating to Fall Prevention
Agenda

• Research Review
• ACTIVATOR Technique – stability & offloading
• Guest Speaker: Lisa Robert
• Parkinson’s & MS - Videos
• Review of Poles
• Retailers: SHHC, SDM, Co-op, Medichair, Home Health Care, Hawkstone or www.Urbanpoling.com
• Webinars- Parkinson’s, Fall Prevention, Hip & Knee, etc.
Research
(over 167 independent research studies)
Poling vs. Walking

Urban poling engages approx. 90% of your muscles.

Ordinary walking works only the muscles in blue letters.

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Core Strengthening

Demo: How do Urban Poling poles provide core strengthening?
Core Strengthening

• If you walk one mile it equals 1800 contractions of your abdominal muscles and 900 of your lateral muscles
Reduced Force on Knee Joints

A study in 2001 found that walking poles reduced vertical ground reaction forces, vertical knee joint reaction forces.

(Wilson et al., 2001)
Parkinson’s

- All participants - reduced pain, improved balance & quality of life
- NW was superior to other groups - improving postural stability, stride length, gait pattern and gait variability

Reuters, et. al 2010
Factors Related to Fall Prevention - Balance

Balance, functional mobility & aerobic endurance significantly improved

Viraq et al, 2014
Older Adults

Improving upper-body strength, cardiovascular endurance, and flexibility compared to resistance band

Takeshima et al., 2013
Comparison to Canes & Walker

* Walker and 2 cane users should only use Activator poles under the direction of their therapist.

Promotes a more normal gait pattern compared to walkers and canes

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Effects of Walking Technique on Knee Joint Loading

Daniel Bechard Ph.D. UWO
Conclusion

- Dynamic knee joint loading is effected by the technique adopted
- Decrease in dynamic knee joint loading was observed when poles are held away from the body and downward force was applied
ACTIVATOR Technique Video

Go to urbanpoling.com
- Getting Started - ACTIVATOR Training

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ACTIVATOR vs Urban Poling
Exercises
Case Reviews

Guest Speaker: Lisa Robert
Parkinson’s & MS
The Use of Poles in a Clinical Setting with PD Clients

- using the poles to address the specific deficits in PD
- posture
- base of support
- weight shift/trunk rotation
- stepping and turning

AMPLITUDE
Lower Functioning Clients

- standing activities- increasing tolerance
- can participate in more challenging/vigorous exercise
- walking as exercise/intervals
- improving step length

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Higher Functioning Clients

- intense intervals
- lunging
- marching/skipping
- sideways
- backwards
- hills
- jogging
Poles with Clients with MS

- more about getting moving and staying moving
- younger population so the poles tend to be more acceptable than cane or walker
- can use the poles to broaden base of support to complete standing and weight bearing exercise i.e weight shifting, stepping
- walking as exercise
Review of Poles

- Ski pole - Thin handle with strap, one size, no anti-vibration & steel tip
- Hiking poles: Thin handle with strap, turning lock system & steel tip
- Nordic walking poles – Thin handle with strap, turning lock system & boot shape tip
Activator Poles

Wrist in a neutral position to reduce joint strain

- Strapless for safety & injury prevention
Activator Poles – Safety Features

Button-lock vs. turning lock system
- weight capacity is 200 lbs vs. 20 to 90 lbs (vs other poles)

Bell Shaped Tip vs. Boot
- provide more stability & vertical

Carbide steel tip
- for snow conditions & trails

3 Anti Vibration Features
- minimizes stress on joints

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Third-Party Funding

Health care services and insurance companies are now funding the Activator poles.

- Veterans Affairs Canada - POC 1 – Aids to Daily Living
- WSIB, WCB
- Auto
- EHB plans

Contact us for a justification letter
Activator Course

• 4 hour Course
• Edmonton – Thursday June 30 10-2 pm
• Register: 1877 499 7999 or info@Urban poling.com
Contact Us

• Research, Videos of technique & Locating a Retailer, Webinars

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