

To:

Re:

Date:

Dear Sir/Madam:

The Urban Poling Activators™ are an innovative, assistive walking device co-developed by a therapist and specifically designed for rehabilitation. Backed by research (over 60 studies on the benefits of walking poles; two studies specific to the Activator), this device provides more stability, balance and confidence while walking.

Clinical Uses

- Arthritis (OA,OP)
- Soft tissue injuries & RTW
- Hip and knee pre/post surgery and replacement (post acute recovery phase)
- Parkinson's, MS, TBI, CVA
- Geriatric rehab

Rehab & Safety Features of the Activator™ Poles vs regular walking poles

- **Adjustable length** for individuals 4'6" to 6'
- **Durable construction** provides greater weight-bearing capacity – 200 lbs per pole versus 20 to 90 lbs per other walking poles – to prevent the locking system from collapsing while weight bearing.
- The **ergonomic, strapless handle** allows the hand and wrist to be maintained in a neutral and wide grip position. Weight bearing occurs via downward pressure on the wide base of the handle vs regular poles which require a tight hand-grip and the wrist in an extended position to weight bear on a strap. Straps are also related to the most common injury to the hand during the event of a fall (*K. Knobloch Sept 20, 2006. - U.S. National Library of Medicine*)
- Easy-to-use **button-lock system** ensures the extendable shaft is securely locked for weight bearing. Other poles employ a twist-lock mechanism that people with arthritis or repetitive strain injuries find difficult to securely lock.
- The large, **bell-shaped tips** of high quality rubber help ensure the poles remain upright while in use, allowing better weight bearing on the ergonomic handle. This tip also provides greater stability and traction and reduces vibration.
- The **patented ferrule design** reduces vibration in the poles as well as noise. This results in less stress through the wrist joints and the arms and a more comfortable walk.
- Backed by a **two-year warranty** against manufacturing defects. For more details, visit www.urbanpoling.com under Rehabilitation & Mobility.



Physical Benefits (Research)

- **improved core strength** (key factor for ability to transfers, mobilize & function in ADLs)
- **improved posture** (canes and walkers can promote rounding of the back and static arm positioning)
- **improved balance, stability**; greater confidence when walking (factors related to fall prevention)
- **improved walking tolerance & gait speed**, and promotes a more functional gait pattern
- **reduced impact on lower extremity joints**, reducing pain

Psychosocial Benefits (Research)

- engaged in an active, healthy activity
- improved mood & reduced anger, stress & fatigue

Cognition Benefits

- learning a new activity
- bilateral, rhythmical movement to improve co-ordination
- preliminary research shows both walking & resistance training (components of urban poling) support cognitive functioning

Sincerely,