EXERSTRIDER WALKING POLES...
as a highly effective and versatile
PHYSICAL THERAPY tool

A FUNCTIONALLY AND PSYCHO-SOCIALLY
ADVANTAGEOUS ALTERNATIVE TO CANES,
WALKERS, CRUTCHES AND OTHER ASSISTIVE,
BALANCE, GAIT-AID AND LOWER EXTREMITY
UN-WEIGHTING DEVICES
Part innovation, part evolution
Walking poles transform walking into a functional total body exercise!

Exerstriding is a synergistic total body exercise!

Exerstrider poles and easy-to-learn techniques allow you to simultaneously exercise all these muscles and realize synergistic benefits similar to cross-country skiing all year round. Note: More than 50% of the body’s total muscle mass is in the upper body.

*Only these muscles do significant work while walking or running.
So How Does Exerstriding Work the user’s entire body?

In order to feel just how it works, let me guide you through a simple demonstration that takes only a minute...

- While sitting at a table or desk, extend both arms out as if offering them for a friendly handshake.
- Make two fists and place them on your desk or table top with your thumbs up.
- Finally, sit upright and alternately press one fist, then the other into the desk repeatedly.
- Feel how a wave of contractions goes through your abdominal muscles as well as large back, arm, shoulder, chest, and important “core strength” muscles contract each time you push.
- These same contractions happen with each and every stride as a person walks.
It’s the ultimate hybrid total body walking exercise for people of any age or ability!

As one walks while using the Exerstrider poles, they do up to 2,000 similar synergistic contractions involving 90% of major muscles per mile as a similar force is applied to the poles with each stride. Because the work is shared by so many major muscles, one may actually feel like they're working less while accomplishing much more, and with much less risk of injury. It’s a way to work smarter, not harder and simultaneously condition every major muscle (as well as the cardiovascular system) as one walks.
Walking poles are great tools for both rehab and re-activation!
They’re powerful exercise tools for people of all abilities and health and fitness goals!
And for people of any age!
What Exerstrider® poles add to ordinary walking...

- An average increase in energy expenditure of around 25% with no change in RPE.
- Decrease in peak impact forces of around 25% as significant weight becomes supported by upper body.
- Gradual yet significant increases in core and upper body muscle fitness as one walks.
- Improved posture, balance and confidence.
- Improved coordination and gait.
In addition to...

- Bone density stimulating musculo-skeletal stresses throughout the entire body.
- Gradual enhancement of vascular pathways.
- Increasing of heart rate by 10-15 bpm on average.
- Improved lymph system function.
- Strong cross-crawl stimulates improved neurological function.
- Strengthening of the stabilizing muscles of the back.
POLES PROVIDE A FUNCTIONALLY AND PSYCHO-SOCIALLY ADVANTAGEOUS ALTERNATIVE TO CANES, WALKERS, CRUTCHES AND OTHER ASSISTIVE, BALANCE, GAIT-AID AND LOWER EXTREMITY UN-WEIGHTING DEVICES

- **vs. canes** – improved posture, contra-lateral support, and functional core and overall muscle fitness improvement.
- **vs. walkers** – immediate improvement in posture, gait pattern and perhaps most importantly increased self-efficacy.
Who can benefit from using walking poles for rehab and therapy??

- Post-surgical hip and knee replacement patients
- Persons with compromised balance and stability (MS, Parkinson’s, PAD, neuropathy)
- Obese persons seeking to increase activity levels
- Wheelchair users and those learning to walk with new prosthetic legs
- Cardiac rehab programs
- Persons in stroke recovery
Additional uses...

- Use for balance enhancing and fall-reduction exercise programs.
- Stretching and range of motion exercises.
- Use as a upper body and core strengthening assistive device for “sit to stand” exercise.
- An alternative means of propelling a wheelchair which provides an effective upper body and core workout.
Exerstrider’s ACTIVATOR MEDISPORT EDITION has been specially designed to meet the needs of physical therapists and to be extremely user-friendly for their patients.
Our exclusive ERGO strapless 15 degree “orthotic” grips along with the cantilevered design (above and below the gripping hand) allow for maximum safety, control and weight-bearing while sustaining a stress reducing and comfortable neutral wrist position during use.

The 15 degree flare on the back of the grip acts as an “orthotic” to maintain a neutral wrist position even under maximum loading
Easy button-in-hole locking system for maximum safety!
Two rubber tip options for maximum function and versatility

- Boot-shape “Cushiongrip™” fitness walking tips for maximum cushion and traction
- Bell-shaped “balance tips” for maximum stability and confidence
For more information ...

Visit www.exerstrider.com or contact:

Exerstrider Products Inc.
- PO Box 3087
- Madison, WI 53704, USA
- Phone: (888) 285-7392
- Fax: (608) 223-9320
- Email: customerservice@exerstrider.com