

2017-18 TRO Webinar Series

ACTIVE TOOL FOR REHABILITATION

Presenters:

Mandy Shintani, OT, Urban Poling Inc.
Kimberly Willison, RT, Saskatoon Health Region

September 26
12:00 pm - 1:00 pm

Program Description:

ACTIVATOR Poles are an innovative tool that is being prescribed by physio/occupational therapists in rehab settings as an alternative to canes, crutches and even walkers (when appropriate) and referring to RTs for clients to learn the technique. In this webinar, RTs can learn about the research benefits of the ACTIVATOR poles and the steps of the technique for conditions including; strokes, TBI, MS, Parkinson's, pediatrics and older adults. ACTIVATOR Poles are also used in retirement and assisted living homes and with less active older adults including dementia to improve balance, strength and posture. RTs can develop fun and effective seated, standing and walking exercise programs using poles.

- Review of studies – new study on fall prevention
- Case Studies of 3 Clients – CVA, Parkinson's, ABI • Activator technique for stability
- Seated and standing exercises
- Tips for Group program for less active older adults

Objectives:

1. Participants will be able to identify 5 researched benefits of walking poles for rehabilitation and older adult programs.
2. Participants of the webinar will be able to identify the 4 steps of the Activator technique developed for rehabilitation.
3. Participants of the webinar, will be able to perform 3 seated and 3 standing exercises for older adult programs.

PCCs:

- 1 professional contribution point
- Purchase a PCC Transcript in advance
- Follow the login and post-test instructions

CTRS Renewal

- Follow the login and post-test instructions
- Contact Amanda at: communications@trontario.org for your documentation that may be submitted for CTRS renewal.

Register:

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