



Why Pole Walking?

Pole walking is an aerobic exercise that helps optimize function and brain health in patients with PD. Pole walking is great for improving different tasks such as: balance, gait, flexibility, agility, and walking on hills and on different terrains.

While pole walking you will experience the benefits of:

- Whole body, large amplitude, repetitive muscle activation
- Complete gait improvement, including arm swing, trunk rotation, and step length
- Longer strides, faster walking and better posture
- Improved gait symmetry and coordination
- Less likelihood of falling, freezing, shuffling, or experiencing joint pain
- Postural support encourages natural spinal mobility
- Burning more calories walking with poles versus regular walking!
 - Casual walking with poles burns 20% more calories than regular walking!
 - Walking with full arm extension burns 30% more calories than regular walking!

Instructions for pole walking:

Measure your pole height by standing up straight on a flat terrain with the tip of the pole on the ground by the heel of the same foot. Lengthen the pole so that your elbow is at a 90-degree angle.

- Stay PWR!d (“Powered”) UP while taking large steps keeping arms relaxed and dragging the poles behind you at a slight angle
- Let your body help you move your arms and do not worry about bringing the poles forward
- The lead pole never goes further ahead than the heel of the opposing foot
- Hands and feet work opposite—right foot/left hand
- When you want to put in more effort, push back into the pole as your arm swings backward to propel yourself forward
- If you get out of sync, just keep walking big and let your arms relax again to re-synchronize
- Folks with balance issues: keep the poles more perpendicular to the ground
- WALKING UP-HILLS: Keep the poles angled back and push into the pole
- WALKING DOWN-HILLS or RUG: Keep the poles more perpendicular to the ground