



Mandy Shintani

How Walking Poles Address Factors Related to Fall Prevention

Presented by:

Mandy Shintani, BSc (OT), MA (Gero)

Join our presenter she engages participants to:

- Review current walking pole research
- Understand the activator rehab technique for stability and off-loading
- Witness a demonstration of Sitting & Standing Exercises for improving strength, balance & ROM
- Understand the guidelines on designing a home based program or group programs

Target Audience:

Any therapist who works with older adults in any clinical area or fall prevention.

About our presenter:

Mandy Shintani, BSc (OT), MA (Gero), is considered to be one of the leading experts on walking poles for rehabilitation in Canada and presented at the 2015 National Fall Prevention Conference. In 2005, she developed the ACTIVATOR poles (patent pending) & technique for rehabilitation with her company, Urban Poling Inc.

**Please contact the [OSOT Office](#) if you have any questions.*

We hope you enjoy this programming!



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