

**Bilateral Pole Walking:
Benefits & considerations
in Adult Fitness & Rehabilitation**

**APRIL 3rd, 2014
4:30-6:30 PM: Birch Rm
Seymour Senior Center
2551 Homestead Rd
Chapel Hill, NC**



Presented by
Debra Gerber, PT
UNC-CH Transitional DPT Capstone Presentation
0.2 CEUs for PTs

Audience: PTs, DPT students, and other professionals interested in walking with poles:

Want to know a little more about walking with poles? What does the current research have to say about pole walking or Nordic walking? Do they help or hinder? Have you ever had a chance to try out trekking, hiking, or Nordic walking poles? Are you aware of the variety and purpose of pole walking equipment? Would bilateral pole walking be an effective fitness activity or used as an intervention in rehabilitation? What are some of the precautions to consider?

If you are interested in any of these questions, please come and enjoy this presentation and opportunity to practice walking with poles! There will be a variety of bilateral walking poles available for practice, courtesy of a donation of equipment from three manufacturers of this equipment – Leki, KeenFit, and Exerstrider! Following this presentation, these poles will be donated to the UNC Division of Physical Therapy, with the exception of one pair of Leki Nordic Walking Poles -

**WHICH WILL BE GIVEN AWAY AS A DOOR PRIZE TO ONE PARTICIPANT!!!!
Discount cards for equipment available for all participants!!!**

Course Objectives

Following the presentation, participants will:

1. Become more knowledgeable in the history of pole/Nordic walking.
2. Know the current research-based pole/Nordic walking effects, both positive and negative, in the young, middle-aged, and elderly adult populations in fitness and rehabilitation settings.
3. Know useful outcome measures to use for individuals with PW intervention in rehabilitation settings and for future research.
4. Access basic pole walking product information, resources, and adaptations.
5. Apply and practice pole walking for affective skill development and personal exploration.
6. Engage in a peer collaborative discussion of pole walking experiences, values, and precautions in fitness and rehabilitation settings.
7. Provide feedback for continued presentation and materials improvements.

Free 0.2 CEUs for PTs!

To reserve a space, please contact Debra Gerber @

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