

REFERENCES

Bilateral Pole Walking Effects: Benefits & Considerations in Adult Fitness & Rehabilitation

1. Agre JC, Magness JL, Hull SZ, et al. Strength testing with a portable dynamometer: Reliability for upper and lower extremities. *Arch Phys Med Rehabil.* 1987;68(7):454-458.
2. Breyer M, Breyer-Kohansal R, Funk G, et al. Nordic walking improves daily physical activities in COPD: A randomised controlled trial. *Respiratory research.* 2010;11(1):112.
3. Exerstrider international community. Exerstrider International Community Web site. <http://www.exerstrider.org/>. Updated 2013. Accessed February 24,2014.
4. Figard-Fabre H, Fabre N, Leonardi A, Schena F. Physiological and perceptual responses to nordic walking in obese middle-aged women in comparison with the normal walk. *Eur J Appl Physiol.* 2010;108(6):1141-1151.
5. Figueiredo S. Nordic walking for geriatric rehabilitation: A randomized pilot trial. *Disabil Rehabil.* 2013;35(12):968; 968-975; 975.
6. Foissac MJ, Berthollet R, Seux J, Belli A, Millet GY. Effects of hiking pole inertia on energy and muscular costs during uphill walking. *Med Sci Sports Exerc.* 2008;40(6):1117.
7. Fritschi J, Brown W, Laukkanen R, Uffelen J. The effects of pole walking on health in adults: A systematic review. *Scand J Med Sci Sports.* 2012;22(5):e70-e78.
8. Jacobson B, Wright T, Dugan B. Load carriage energy expenditure with and without hiking poles during inclined walking. *Int J Sports Med.* 2000;21(05):356-359.
9. Hagen M, Hennig EM, Stieldorf P. Lower and upper extremity loading in nordic walking in comparison with walking and running. *Journal of applied biomechanics.* 2011;27(1).
10. Hansen EA, Smith G. Energy expenditure and comfort during nordic walking with different pole lengths. *J Strength Cond Res.* 2009;23(4):1187-1194.
11. Hansen L, Henriksen M, Larsen P, Alkjaer T. Nordic Walking does not reduce the loading of the knee joint. *Scand J Med Sci Sports.* 2008;18:436-441.
12. Hartvigsen J, Morsø L, Bendix T, Manniche C. Supervised and non-supervised nordic walking in the treatment of chronic low back pain: A single blind randomized clinical trial. *BMC musculoskeletal disorders.* 2010;11(1):30.
13. International nordic walking association. International Nordic Walking Association Web site. <http://inwa-nordicwalking.com/>. Updated 2013. Accessed February 24, 2014.
14. Keast ML, Slovynec D'Angelo ME, Nelson CR, et al. Randomized trial of nordic walking in patients with moderate to severe heart failure. *Can J Cardiol.* 2013;29(11):1470-1476.
15. Keenfit: Walk Your Path. Website. <http://www.keenfit.com/>. Updated 2014. Accessed Online February 24, 2014.
16. Knobloch K. No difference in the hemodynamic response to nordic pole walking vs. conventional brisk walking—A randomized exercise field test using the ultrasonic cardiac output monitor (USCOM). *Int J Cardiol.* 2009;132(1):133-135.

BPW Effects: References (cont)

17. Kocur P, Deskur-Śmielecka E, Wilk M, Dylewicz P. Effects of nordic walking training on exercise capacity and fitness in men participating in early, short-term inpatient cardiac rehabilitation after an acute coronary syndrome—a controlled trial. *Clin Rehabil.* 2009;23(11):995-1004.
18. Koizumi T, Tsujiuchi N, Takeda M, Fujikura R, Kojima T. Load dynamics of joints in nordic walking. *Procedia Engineering.* 2011;13:544-551.
19. Kukkonen-Harjula K, Hiilloskorpi H, Mänttari A, et al. Self-guided brisk walking training with or without poles: A randomized-controlled trial in middle-aged women. *Scand J Med Sci Sports.* 2007;17(4):316-323.
20. Leki. http://www.leki.com/752--all_news.html. Accessed Online March 3, 2014.
21. Mannerkorpi K, Nordeman L, Cider Å, Jonsson G. Does moderate-to-high intensity nordic walking improve functional capacity and pain in fibromyalgia? A prospective randomized controlled trial. *Arthritis Research and Therapy.* 2010;12(5):R189.
22. Paley J. Poles for Balance & Mobility: Improve Your Function, Gait, Posture, Strength Endurance & Quality of Life. Instructional DVD. www.PolesForMobility.com.
23. Paley J, Haxo B. Poles for Hiking, Trekking & Walking. Instructional DVD. www.AdventureBuddies.NET.
24. Pantzar M, Shove E. Understanding innovation in practice: a discussion of the production and re-production of Nordic Walking. *Technology Analysis & Strategic Management.* 2010;22(4):447-461.
25. Pérez-Soriano P, Llana-Belloch S, Encarnación-Martínez A, Martínez-Nova A, Morey-Klapsing G. Nordic walking practice might improve plantar pressure distribution. *Res Q Exerc Sport.* 2011;82(4):593-599.
26. Poles for mobility. Poles for Mobility Web site. <http://www.polesformobility.com/>. Updated 2010. Accessed February 24, 2014.
27. Reuter I, Mehnert S, Leone P, Kaps M, Oechsner M, Engelhardt M. Effects of a flexibility and relaxation programme, walking, and nordic walking on parkinson's disease. *Journal of aging research.* 2011;2011.
28. Rikli RE, Jones CJ. Development and validation of criterion-referenced clinically relevant fitness standards for maintaining physical independence in later years. *Gerontologist.* 2013;53(2):255-267.
29. Saunders MJ, Hipp GR, Wenos DL, Deaton ML. Trekking poles increase physiological responses to hiking without increased perceived exertion. *J Strength Cond Res.* 2008;22(5):1468-1474.
30. Schwameder H, Roithner R, Muller E, Niessen W, Raschner C. Knee joint forces during downhill walking with hiking poles. *J Sports Sci.* 1999;17(12):969-978.
31. Sprod LK, Drum SN, Bentz AT, Carter SD, Schneider CM. The effects of walking poles on shoulder function in breast cancer survivors. *Integrative Cancer Therapies.* 2005;4(4):287-293.
32. Takeshima N. Effects of nordic walking compared to conventional walking and band-based resistance exercise on fitness in older adults. *Journal of sports science & medicine.* 2013;11:000.

PICTURE CREDITS

- 1) Two women – rear view, walking (one w/ dress)
By Annelis [CC-BY-SA-3.0 (<http://creativecommons.org/licenses/by-sa/3.0>) or GFDL (<http://www.gnu.org/copyleft/fdl.html>)], via Wikimedia Commons .
- 2) Elderly man NW:
<http://www.dreamstime.com/royalty-free-stock-photography-elderly-man-nordic-walking-image9126707#res7126622>
3. Back view of hikers ; <http://www.dreamstime.com/stock-images-nordic-walking-young-couple-path-forest-rear-view-image33209824#res7126622>
4. NW 3d rendered medical illustration
<http://www.dreamstime.com/royalty-free-stock-photos-nordic-walking-d-rendered-medical-illustration-image30727678#res7126622>.
5. 2 women walking – forward view: <http://www.dreamstime.com/stock-photo-nordic-walking-mother-daughter-train-image34398500#res7126622>.
6. NW in snow: <http://www.dreamstime.com/royalty-free-stock-photos-nordic-walking-image3861878#res7126622>.
7. DeDee video - courtesy of DeDee, presenter's mother.