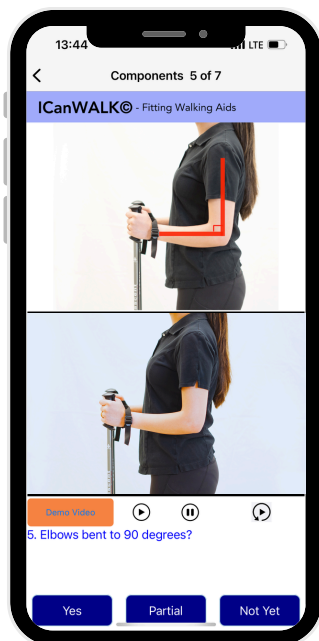


# Learn More Skills With Our App!

We developed an interactive video-based app to help teach walking aid users how to fit and walk with their devices.

It's called Improving Canadians' Walking Aids Skills, Learning, and Knowledge© (ICanWALK©)

ICanWALK© is available through downloading the MOVE Improve® app on the Apple App Store and the Google Play Store!



(Image from Creative Commons)



## Interested in Learning More?



Web: <https://icanwalk.info>

X: @MobilityBetter

Instagram: @BetterMobilityLab

### References:

1. Grigoletto et al. Int J Environ Res Public Health 2022
2. Hawke & Jensen. Wilderness Environ Med 2020
3. Russo et al. J Funct Morphol Kinesiol 2023
4. Hansen, et al. J Strength Cond Res 2009

## How Do I Fit My Walking Poles?

A resource for walking pole users

Created by Jose Uriel Perez (MBT, BHSc), Ranita Manocha (MD, MSc), & the ICanWALK© Knowledge User Engagement Group

# Walking Poles:

Pole walking has been increasing in popularity as a mode of physical activity<sup>1</sup>



Walking poles help strengthen arm muscles, and may help increase balance<sup>2</sup>

Compared to unassisted walking, pole walking increases oxygen uptake, heart rate, and caloric expenditure<sup>2</sup>

## How to Fit Your Walking Poles:<sup>4</sup>

1. Wear flat-soled shoes.
2. Place the wrist straps comfortably and snugly around your wrist.
3. The tips of the poles should be 5–8 cm (2–3 in) in front of your pinky toe.
4. Keep elbows tucked close to your body.
5. Your elbows should be bent to 90°.

*Please note that these are general guidelines only and do not constitute medical advice. Please speak to your healthcare provider to ensure this applies to your condition.*



(Image from Creative Commons)

*It is important to fit your walking poles properly to reduce strain on the wrist and shoulders. Pole height can change depending on terrain. It is important to gain input from a medical professional before starting pole walking.<sup>3</sup>*

*"It's very easy to obtain [walking aids]... but what's not there is personalized fitting or supports for how you use it."*

*-Matt*

*"I want the quick and dirty on how to use [my walking aid] right so that I won't fall into dangerous habits that cause future physical problems."*

*-Mary*

(O'Brien et al., 2024)