

How to Register

- **Referral Online**
www.assistivetechologyclinic.ca
- **Tel:** (416) 784 3600
- **Fax:** (416) 784 5600

Registration Information MUST be completed in full

Name : _____

Diagnosis: _____

Address: _____

Telephone: _____

E-Mail: _____

Medically Cleared to Exercise? Y / N



ATC

**Baycrest, Elkie Adler Wing,
3560 Bathurst St,
Toronto M6A 2E1
Tel: (416) 784 3600**

Fax:(416) 784 5600

Website:

www.assistivetechologyclinic.ca



Poling Class



Get a full body workout while walking.
Poling can help to improve your posture, co-ordination, gait speed and confidence

**Tuesdays 11:00 am - 12:00pm
for 4 weeks**

Who's Appropriate

- Parkinson's Clients
- Stroke Clients
- Multiple Sclerosis Clients
- Clients who require gait retraining

Additional Requirements

- Must be able to hold poles
- Must be able to stand up from sitting independently
- Must be able to see and hear with glasses or hearing aids
- Must be able to walk at least 30m

What's Needed

1. Doctors clearance to allow participation in an exercise class
2. Comfortable clothing- layers are best as you will be outdoors
3. Good supportive footwear
4. Snacks and water

Course Outline

- Week 1** Learn how to hold the pole. Choosing the correct pole for you, initial assessment, gentle exercise, short walk
- Week 2** Further exercise and a short walk outdoors
- Week 3** Refining techniques, review exercises, long walk outdoors
- Week 4** Longer walk, review techniques



Cost:

\$200 for 4 weeks of training including cost of poles

Or

\$125 for 4 weeks of training with your own poles

Trainers

- **Orla Hares** Physiotherapist, ATC, Baycrest Hospital
- **Triina Forbell**, Kinesiologist, ATC, Baycrest Hospital
- **Henza Miller**, Physiotherapist, Regional Stroke Team, ATC Sunnybrook Hospital