

Pole walking for Parkinson's

Pole walking is a fabulous exercise for people living with Parkinson's.

As the name suggests, pole walking is a form of fitness walking using two poles for support. It requires a little effort to learn the technique, but it delivers big payoffs in terms of fitness.

It increases your cardiovascular fitness and uses 90% of your body's muscles. It is low impact walking that can be done by anyone, anywhere, at any time and it is affordable.

Pole walking is perfectly suited to our beautiful Australian climate and can be performed on any surface – from sandy beaches, parks, trails and grassy fields to footpaths.

Walking is an activity that most people don't mind doing. We want nothing more than to be able to walk smoothly and safely. However, sometimes our body has something else in mind.

Pole walking is a good choice for people who:

- 📍 Have difficulty walking.
- 📍 Do not have an active lifestyle and feel uncomfortable with quick movements.
- 📍 Have developed poor posture or stiffness.

Walking improves circulation and digestion, decreases risk of heart disease and lung disease, improves how you feel and reduces stress. By adding poles and doing what is often called Nordic walking, you can get some great results.

Some of the pole walking benefits you can expect to experience include:

- 📍 Poles supporting your body and stabilising your standing posture.
- 📍 Improved arm swing – bigger, stronger arm movements.

- 📍 Increased stamina – people can walk 3 to 5 times longer with less fatigue due to extra support from the poles.
- 📍 Boost in confidence – no longer afraid of catching a toe, tripping or having a leg give out (which minimises falls).
- 📍 Eliminates shuffling – helps re-train the brain to take consistent, purposeful long strides.

If you have any problems with balance, stamina or shuffling, please don't head out on your own. Make sure you have someone with you. They can offer encouragement, companionship and help you improve your techniques and posture as you go along.

To find a Nording Walking group close to you, visit the [Nordic Academy website here](#).

There are many different styles of walking you can do. The video below doesn't replace learning the technique from a professional but it's great for an initial look at the basic stride of Nordic walking: [click here to view this video on Youtube](#).

Learn the walking techniques and feel the benefits of pole walking within a short period of time!

Reference: Effects of an intensive Nordic walking intervention on the balance function and walking ability of individuals with Parkinson's disease: a randomized controlled pilot trial. Dae-Hyouk Bang & Won-Seob Shin, 31 October 2016