Nordic Walking Study

Investigates safety and efficacy of Nordic walking intervention on posture, function and quality of life in individuals at risk of fracture

Example Session

Jun 22nd, 2020



Clinical Trial Identifier: NCT03885466

Good posture hold for ~15s





Shoulder rolls

10 forward

10 backward





Toe-to-heel balance ~30s





Single-leg balance ~30s each side





Please pause to perform:

Nordic walking

Week 1-3: 15-20 min

Week 4-6: 20-30 min

Week 7-9: 30-35 min

Week 10-12: 35-45 min





Please pause to perform squats

Week 1-3: aim for 5-8 squats

Week 4-6: aim for 9-12

Week 7-9: aim for 7-9, rest, repeat 7-9

Week 10-12: 10-12, rest, repeat 10-12





Please pause to perform:

Lunges

Week 1-3: 5-8 lunges

Week 4-6: 9-12

Week 7-9: 7-9, rest, do again 7-9

Week 10-12: 10-12, rest, do again 10-12

Switch the front leg and repeat





Calf stretch

~30s each side





Hip flexor stretch ~30s each side





Back stretch

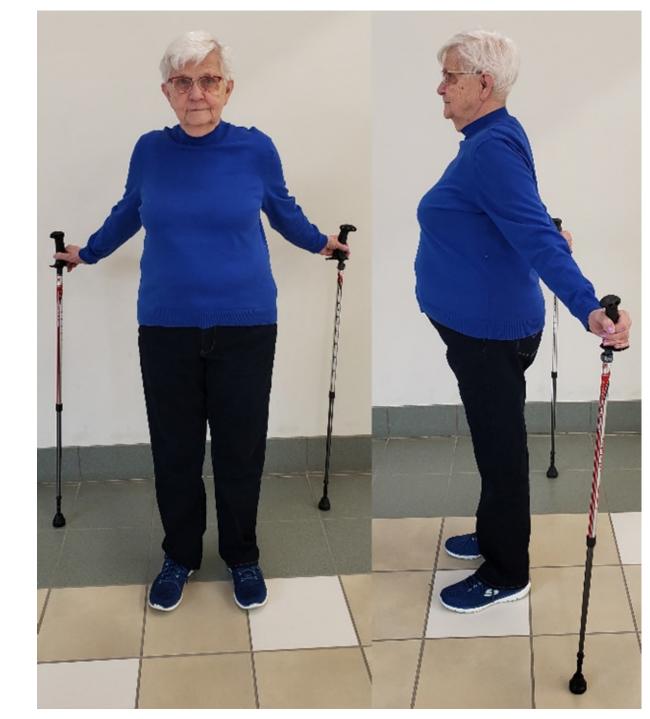
~30s





Chest stretch ~30s





Special thanks to the cast!

Nordic walking study peer trainers:

- Howard Giles
- Dianne Luce

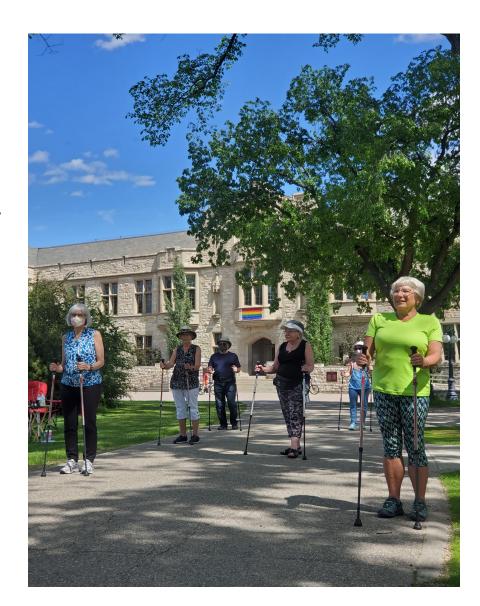
June Giles

- Sylvia Raginski
- Sheila Haubrich
 Aleatha Schoonover
- Hilda Heinrichs

Nordic walking study student trainer:

Tania Alazawi





Acknowledgements

- Nordic walking study team members and participants
- Student and peer trainers
- Saskatchewan Health Authority
- Osteoporosis Canada
- Downstream Productions
- Financial support from:









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