

SPRINGFIELD
COLLEGE



Department of
Physical Therapy

Walk With Ease



Arthritis
FoundationSM

Student Coaching Manual v2.0

Walk With Ease Self-Directed Program

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Student Coaching Manual

This manual guides the physical therapy student in their role as a coach for the Walk With Ease program and introduces the student to the key principles that are components of this model of delivery for Walk With Ease.

The broad student learning objectives embedded in this manual are

1. to introduce the student to the principles of population health, health coaching, motivational interviewing, the transtheoretical model of behavior change and the elements of successful communication.
2. to learn how to guide the Walk With Ease program with an older adult and to understand the evidence that supports the Walk With Ease program.
3. to integrate and apply the principles of population health, health coaching, motivational interviewing, the transtheoretical model of behavior change and the elements of successful communication with Walk With Ease participants.

The student coaching program supplements the content and plans for participants in the Arthritis Foundation's self-directed Walk With Ease program. This manual provides week-by-week guidance and assignments for physical therapy students participating in the health coaching program.

A note about Walk With Ease program fidelity

Program fidelity refers to how closely the Walk With Ease coaches (and participants) are following the Walk With Ease program design. This coaching manual was written to ensure program fidelity. Walk With Ease is an evidence-based program that improves participants health and function and reduces pain. Program delivery that is not consistent with the original design of Walk With Ease reduces the likelihood of obtaining the desired outcomes. As a student coach, your work is to guide the participant and respond to the participant's concerns but not to change the Walk With Ease program. If you find parts of this manual that need updating or editing, please contact Dr. Julia Chevan at jchevan@springfieldcollege.edu.

I. Population health as a Model of Physical Therapy Care

Kindig and Stoddart¹ provide a starting point for understanding population health with this definition, “the health outcomes of a group of individuals, including the distribution of such outcomes within the group.” This definition points to an approach to health services that contrasts sharply to the traditional care model in physical therapy in which 1 therapist provides care to 1 patient. In a population health approach, the physical therapist works with people in an effort to normalize behaviors that “optimize physical function, movement, performance, health, quality of life, and well-being across the lifespan” to “improve the human experience.” These behaviors are most often tied to outcomes that are achieved over years or even a lifetime, again a stark contrast to the approach taken in the clinic where care is driven by an episode of loss of function or change in movement quality. A population health approach is an important consideration in all the activities a physical therapist engages in. Consider the framework proposed by Giuffre, Domholdt and Keehan (see required readings list) in figure 2 as a guide to employing a population health approach to your professional practice.

Required readings about population health and physical therapy

- Giuffre S, Domholdt E, Keehan J. Beyond the individual: population health and physical therapy. *Physiother Theory Pract.* 2020;36(5):564-571. doi: 10.1080/09593985.2018.1490364.
- Magnusson DM, Eisenhart M, Gorman I, Kennedy VK, Davenport T. Adopting population health frameworks in physical therapist practice, research, and education: the urgency of now. *Phys Ther.* 2019;99(8):1039-1047. doi: 10.1093/ptj/pzz048.

Student study questions for population health and physical therapy:

1. In table 2, Giuffre et al provide examples of population-based practices. Can you provide another example for each area of practice?
2. How is the Walk With Ease program a population health practice?
3. Magnusson et al tie population health to health equity and the creation of health-promoting environments. What activities do you currently engage in to promote health equity and create health-promoting environments? How should the profession of physical therapy respond to this call for change?

¹ Kindig D, Stoddart G. What is population health? *Am J Public Health.* 2003;93(3):380-3. doi: 10.2105/ajph.93.3.380.

II. Health Coaching and Physical Therapy

Walk With Ease is a six-week structured physical activity program designed to improve the health of adults who have arthritis and other conditions that impact on mobility. You will be providing coaching for participants in this program under the direction of faculty.

Some of the basic principles of health coaching built into this manual include

1. Walk With Ease, an intervention that is evidence-based
2. Motivational interviewing techniques
3. Use of the transtheoretical model of behavior change
4. Communication skills including active listening

According to Huffman, health coaching is “the use of evidence-based skillful conversation, clinical strategies, and interventions to actively and safely engage clients in health behavior change to better self-manage their health, health risk(s), and acute or chronic health conditions resulting in optimal wellness, improved health outcomes, lowered health risk, and decreased health care costs.”²

Required readings about health coaching for physical activity and health coaching as a practice in physical therapy

- Oliveira JS, Sherrington C, Amorim AB, Dario AB, Tiedemann A. What is the effect of health coaching on physical activity participation in people aged 60 years and over? A systematic review of randomised controlled trials. *Br J Sports Med*. 2017;51(19):1425-1432. <http://dx.doi.org/10.1136/bjsports-2016-096943>
- Rethorn ZD, Pettitt CD. What is the effect of health coaching delivered by physical therapists? A systematic review of randomized controlled trials. *Phys Ther*. 2019;99(10):1354-1370. <https://doi.org/10.1093/ptj/pzz098>
- Wolever RQ, Simmons LA, Sforzo GA, et al. A systematic review of the literature on health and wellness coaching: defining a key behavioral intervention in healthcare. *Glob Adv Health Med*. 2013;2(4):38-57. <https://doi.org/10.7453/gahmj.2013.042>

Student study questions for health coaching and physical therapy:

1. Is health coaching “skilled physical therapy care?”
2. How does health coaching fit into a population health model of physical therapy care?
3. Have you ever tried to change a health behavior or help a family member change a health behavior? How would health coaching have been of assistance to you in that process?

² Huffman MH. Advancing the practice of health coaching: differentiation from wellness Coaching. *Workplace Health Saf*. 2016;64(9):400-403. doi:10.1177/2165079916645351

III. Walk With Ease

The Arthritis Foundation's Walk With Ease program (WWE) was developed in 1999 through work at the Thurston Arthritis Research Center and the Institute on Aging of the University of North Carolina. The program was amended and updated in 2009. WWE is one of the U.S. Centers for Disease Control and Prevention (CDC) recommended arthritis-appropriate physical activity programs. The CDC recommendation is based on the body of research that has been conducted demonstrating positive effects of WWE to improve function and reduce pain among people living with arthritis. This body of research includes studies on the WWE group program, the WWE self-directed program and the efficacy of this program among adults with osteoarthritis, systemic lupus erythematosus, among a population of Latino adults and in a population of African American adults.

The benefits of WWE are manifold and include:

1. Reduced pain among adults with arthritis
2. Improved physical capabilities
3. Increase strength
4. Improved balance
5. Increases in gait speed
6. Improvements in self-efficacy scores

WWE is typically offered in either a self-directed program or as a group/community-based program. With the advent of COVID-19, the self-directed program was enhanced to include messaging from program coordinators and opportunities for 1:1 interaction with a program coordinator or coach (see the link in the required readings list to the enhanced kit). Individuals who are interested in becoming certified as leaders for WWE can find more information on the Arthritis Foundation website.

Participants in the coached WWE program will each receive a copy of the Walk With Ease Guidebook. Here is the participant Guidebook table of contents:

- Chapter 1: Introducing Walk With Ease
- Chapter 2: Know the basic facts about arthritis and exercise
- Chapter 3: Preparing to Walk With Ease
- Chapter 4: Anticipating and overcoming barriers
- Chapter 5: Walking with Ease!
- Chapter 6: Resources to keep you walking and active
- Appendix A: Self-tests, contracts, and diaries
- Appendix B: Exercises to help you warm up, stretch and cool down
- Appendix C: Resources and references

The week-by-week schedule of activities for the coaches provides information on the sequence and timing we are recommending for participants in reading the guidebook.

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Participants in Walk With Ease are expected to engage in the program and walk three times per week. The participants will meet with their student coaches each week. The coaching team will consist of a student or a group of students from the physical therapy program.

Self-Directed Walk With Ease overview: participant activities

Week	Topic and assignment for participants	Coaching activities with participants
0		<ul style="list-style-type: none"> • Coach leader needs to coordinate meeting times with coaching team (if they are working on a team) and participant for weekly coaching meetings. • Make sure that participants are set with guidebooks and connect participants to coaches • Prepare participants for WWE • Review Health Concerns Checklist <p>Participant Homework: Read Chapter 1, complete starting point self-test Page 14</p>
1	Introduction to the Walk With Ease program Assignment: Chapter 1	<ul style="list-style-type: none"> • Introduction of coaching team • Review starting point self-test • Program overview • Exercise Do's and Don'ts • 2-hour pain rule • Week 1 plan for walking • Participant questions <p>Participant Homework: Read Chapter 2&3, Initiate walking contract and walking diary pages 140 & 141</p>
2	5-step walking pattern Assignment: Chapter 2 and 3 (page 149)	<ul style="list-style-type: none"> • How are you doing check in • Starting point self-test/fitness assessment • Developing a walking plan • Make a walking contract • Make a walking diary • 5-step walking program • FITT • Instruct stretches • Participant questions <p>Participant Homework: Read chapter 4 and note page 78 3 step problem solving. Complete fitness diary</p>
3	Personal contract and goal setting Assignment: Chapter 4	<ul style="list-style-type: none"> • How are you doing check in • Anticipating and overcoming barriers

Week	Topic and assignment for participants	Coaching activities with participants
		<ul style="list-style-type: none"> • Techniques for coping with pain and discomfort after exercise • Solving other common difficulties and worries. • Review diary and goals • Review techniques for stretching • Participant questions <p>Participant Homework: Read chapter 5. Complete midpoint self-check and 10 min fitness assessment. Continue walking diary</p>
4	Stretching and strengthening Assignment: Chapter 5	<ul style="list-style-type: none"> • How are you doing check in • Review midpoint self-check and 10-minute fitness test • Body mechanics • Review stretching exercises • Teach Strengthening exercises • RPE/checking pulse/target HR/talk test • Participant questions <p>Participant Homework: Read chapter 6 and explore tools and resources. Complete walking diary</p>
5	Tools and resources Assignment: Chapter 6	<ul style="list-style-type: none"> • How are you doing check in. • Review stretches, strengthening and barriers • Review diary and fitness progression • Continue to identify and remove barriers to program • Review tools and resources online with participant • Participant questions <p>Participant Homework: Start thinking about plans to continue walking</p>
6	Next steps	<ul style="list-style-type: none"> • How are you doing check in. • Ending point self-test/fitness assessment • Post-participation assessment • Participant questions <p>Participant Homework: Keep on walking! Would you like to participate again in the future?</p>

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Required readings for students to learn about the Walk With Ease program

- Arthritis Foundation Walk With Ease website: <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/walking/walk-with-ease>
- Arthritis Foundation Walk With Ease Self-Directed Enhanced Kit
https://www.arthritis.org/getmedia/0d445dd7-ff2c-4956-82a1-d4843bb487f2/WWE-Self-Directed_1-2-3-FINAL.pdf
- Callahan LF, Shreffler JH, Altpeter M, et al. Evaluation of group and self-directed formats of the Arthritis Foundation's Walk With Ease program. *Arthritis Care Res.* 2011;63(8):1098-1107. <https://doi.org/10.1002/acr.20490>

Study questions about the Walk With Ease readings

1. Are these population-based studies? Do they guide population health interventions?
2. How will you explain the research conducted on the Walk With Ease program to participants?

IV. Motivational Interviewing

Motivational interviewing (MI) was originally developed in the field of counseling to help guide the change of behaviors among people with substance use disorders. MI is now used in physical therapy to promote health behavior change with patients and clients. While many therapists call it a technique, it is really a way of engaging in a cooperative conversation with a participant. The central premise of motivational interviewing is that change should not be imposed on participants. This means that as coaches, it is not your task to convince our participants to change or to engage in exercise. Instead, we meet our participants where they are and extract from them their values, thinking and motivation to change through a collaborative conversation.

Required readings for students to learn about motivational interviewing

- Ivarsson BH, Prescott P. Motivational interviewing about physical activity. In: Professional Associations for Physical Activity (Sweden) eds. *Physical Activity in the Presentation and Treatment of Disease*. 2nd ed. Sweden: Elanders; 2010. <http://www.fyss.se/wp-content/uploads/2018/01/5.-Motivational-interviewing-about-physical.pdf>
- Miller WR, Rollnick S. Ten things that motivational interviewing is not. *Behav Cogn Psychother*. 2009;37(2):129-140. doi:10.1017/S1352465809005128

Study questions about motivational interviewing

1. Why do you think motivational interviewing is used by physical therapists who work with patients that have persistent (chronic) pain?
2. Can you write a conversational sentence that you might use with a patient who is resistant to exercising that shows the motivational interviewing principle of partnership? acceptance? compassion? evocation?

V. The transtheoretical model of behavior change

The transtheoretical model (TTM) was developed by James Prochaska and Carlo DiClemente in the late 1970s arising from work with individuals who were trying to stop smoking. Prochaska and DiClemente noted that a prerequisite to stopping a strongly embedded habit was readiness. The TTM focuses on decision-making and change behaviors and is a model of intentional change. In the TTM there are six stages of change: precontemplation, contemplation, preparation, action, maintenance, and termination (see figure below).

1. Precontemplation - Participants/patients do not intend to take action in the foreseeable future (within the next 6 months). Participants/patients may be unaware that their behavior is problematic or produces negative consequences. Participants/patients may underestimate pros of changing behavior and place emphasis on the cons of changing behavior.
2. Contemplation - Participants/patients intend to start the healthy behavior in the foreseeable future (within the next 6 months). Participants/patients recognize that their behavior may be problematic but may still feel ambivalent toward changing their behavior.
3. Preparation (Determination) - Participants/patients are ready to take action within the next 30 days. Participants/patients start to take small steps toward the behavior change and believe changing their behavior can lead to a healthier life.
4. Action - Participants/patients have recently changed their behavior (within the last 6 months) and intend to keep moving forward with that behavior change.
5. Maintenance - Participants/patients have sustained behavior change for a while (more than 6 months) and are working to prevent relapse to earlier stages.



Required readings for students to learn about the transtheoretical model of behavior change

- Simpson V. Models and theories to support health behavior intervention and program planning. <https://extension.purdue.edu/extmedia/hhs/hhs-792-w.pdf>

- Cheung C, Wyman J, Gross C, Peters J, Findorff M, Stock H. Exercise behavior in older adults: a test of the transtheoretical model. *J Aging Phys Act.* 2007;15(1):103-118. doi:10.1123/japa.15.1.103

Study questions about the transtheoretical model and its use in physical therapy

1. As a future physical therapist, how can you ensure better adherence to your recommendations by using the transtheoretical model?
2. Do you think the stages of change in this model are unidirectional (always to the next stage)? If they are not, how would you guide a patient who has moved backward to a prior stage?
3. Can you describe an instance where you saw a physical therapist mold an intervention or treatment plan to the patient's stage of readiness?

VI. Communication Skills

Communication and rapport are the key to creating a trusting relationship with our participants. Your communication style should incorporate the use of simple words (lay terminology). You should communicate a single message at a time, and you should always employ active listening techniques.

Elements of your communication to which you need to attend

- Non-verbal communication (body language): eye contact, eye gaze, facial expression, gesture, body posture, head movements
- Use of language and vocal aspects: quality of voice, volume, intonation and pitch, rate of speech, tone of voice, linguistic choices and use of jargon

Use an active listening approach to communication



Required readings for students to learn about communication skills

- College of Physical Therapists of British Columbia. Making a connection: communication in the therapeutic relationship. <https://cptbc.org/wp-content/uploads/2020/02/CPTBC-making-a-connection-2019.pdf>

Student study question for communication

1. Describe a moment where you observed a communication breakdown in a healthcare setting. What elements of an active listening approach were missing in that scenario?
2. How does culture influence communication? How can you approach communication practicing cultural humility?

VII. Weekly scripts and guidance for student coaches

WEEK 0 of WWE SCRIPT (pre-start of formal walking program)

- Introduction
 - *Good morning/afternoon, welcome to the Walk With Ease program. I would like to introduce myself (and other coaching team members if you are working as a team along with introductions, students should explain their status as students and year in the program).*
 - *Please introduce yourself and let us know how you would like to be addressed by the group.*
 - *The goals of the program are found on page 5 of your Walk With Ease Guidebook: (see health coaching appendix slide set)*
 - *We/I will be working with you for 6 weeks and hope that you will build up to walking 3 times during the week. We will have virtual meetings with you one time each week. We will discuss how you are responding to this walking activity, attempt to answer questions and provide guidance for the program readings.*
 - *We have been trained to facilitate the Walk With Ease Program. We will be working with you as a team of health coaches not as medical experts.*
 - *Do you have any questions so far?*
- Make sure that participants are set with their Walk With Ease Guidebook
 - *Did you receive your Walk With Ease Guidebook and Health Concerns Checklist?*
 - *I would like to review the Health Concerns checklist with you that you discussed in the orientation session. Please let us know if any of the items on the list apply to you. (see health coaching appendix slide set, if on Zoom you can share your screen to show the appropriate slide)*
- Connect participants to coaches.
 - *What day and time should we meet with you on a weekly basis?*
 - *Are we going to use the phone/tablet/computer?*
 - *Do you need additional training or assistance with your phone/tablet/computer?*
 - *We should make sure that we have the contact information correct and an alternate method of contacting you if we run into problems.*
 - *Is there anything else you would like you would like to know about the program?*
- Prepare participants for WWE

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- *In our future meetings we will be talking about general health information that will be helpful to you, walking strategies themselves, simple warm-up/cool-down exercises and ways to see the progress that you are making.*
- *Please read Chapter 1 for our conversation during our next session.*
- *Would you be able to complete the Starting Point Self-Test on Page 14 of the Walk With Ease Guidebook for our next session?*
- *We will review the self-test, exercises do's and don'ts, 2-hour pain rule and planning for walking during our next session.*
- *Do you have any questions?*
- *We are looking forward to speaking to you again on _____Day/Date/Time. Thank you.*

Participant Homework: Read Chapter 1, complete starting point self-test Page-14

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WEEK 1 WWE SCRIPT

- Introduction of coaching team
 - *Good morning/afternoon, welcome to the Walk With Ease program. I would like to introduce myself (and my other team members) who will be coaching you. [If not completed at week 0 meeting: Please introduce yourself and let us know how you would like to be addressed by the group.]*
 - *This is week 1 of the six-week program. Thank you for coming to our meeting.*
 - *Is this still a good time to meet with you on a regular basis?*
- Program overview
 - *To refresh your memory, the goals of the program are found on page 5 of your Walk With Ease Guidebook: (see health coaching appendix slide set)*
- Health Concerns Checklist follow-up
 - *Many people are living with joint pain experienced from arthritis or other conditions which leads to being less mobile.*
 - *Because the action of walking challenges us all physically, I would like to review with you a few warning signs that would potentially be beneficial to get care and call 911 if they appear*
 - *develops severe pain; pressure, tightness, or pain in the chest; nausea; difficulty breathing; dizziness; severe trembling; or light-headedness - stop immediately*
 - *Symptoms that may develop as a result of being active and moving could be the following:*
 - *a stitch in your side, very red in the face or very pale, sweating a lot, extreme tiredness, or, after you get home you find that your pain two hours after you started stretching and walking is more than it was before, you're pushing yourself too hard. Next time go a little easier.*
- Review starting point self-test
 - *We should review the items of your starting point self-test.*
 - *Another way to measure your progress is to use a set time to see how far you are able to walk - Such as using 10 minutes and measuring the distance you walk during that time. See pages 115-118 in Walk With Ease Guidebook. We will check this at the start and end of the program. (The student coach will enter this into the Google form for data collection)*
- Exercise Do's and Don'ts (*health coaching appendix slide set*)

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- *Do you have any questions regarding the do's and don'ts? Do any of these items apply to you?*
 - *Do's and Don'ts poster as a handout or share screen during Zoom. Direct client to page 34 in Walk With Ease Guidebook*
 - *ASK if there are any questions. Suggest to participants that they might want to put this poster in their kitchen or bathroom, so they're reminded of these important walking tips.*
- 2-hour pain rule (page 74 in Walk With Ease Guidebook, *health coaching appendix slide set*)
 - *Do you understand the items that appear in the poster?*
 - *Have any of these pain issues occurred for you?*
 - *Ask participants if they have any questions about the 2-Hour Pain Rule.*
- Week 1 plan for walking
 - *Think about what shoes you will be wearing to complete your walk?*
- Participant questions
 - *Is this time/day still good for you to meet with your coaching team?*

Participant Homework: Read Chapter 2 and 3, Initiate walking contract and walking diary pages 140 and 141 in Walk With Ease Guidebook. (*health coaching appendix slide set*)

WEEK 2 WWE SCRIPT

- How are you doing check in.
 - *Welcome and introductions of all student coaches. Hopefully, you have been reading your Walk With Ease Guidebook. The book is an EXCELLENT resource designed specifically for adults with arthritis or other chronic conditions. (It's also generally useful if you're new to physical activity.) Do you have any questions before we get started with new material this week?*
- Starting point self-test/
 - *Just checking to be sure this was completed*
- Developing a walking plan
 - *We are going to develop a walking plan with you that will assist you in building up the number of minutes that you walk each time and develop a sequence of walking 3 times per week.*
- Make a walking contract
 - *The Walking Contract is meant to help you keep in mind what you would like to accomplish in your walking program and allow you to pace yourself toward your goals.*
 - *Make a contract with yourself – write your goals down. Fill in the blanks in the contract in your Walk With Ease Guidebook, page 60. (health coaching appendix slide set)*
- Make a walking diary – complete your diary to track each week
 - *Do you have a calendar present to keep a record of the work you have done and reminders of your progress? (A calendar, a notepad or sticky note, a wearable activity tracking device or mobile app will work, if you'll use it. (page 61)*
 - *Self-measurement tools are useful ways to help you keep track and remember your progress. (Track what you care most about: Steps? Minutes? Heart rate? Energy level? Exertion level? Breathing? It's your choice)*
 - *Checking your plan on a regular basis will create a habit of looking at your walking as a part of your daily life. Check your plan every week. Jot down a few notes at the end of each week.*
 - *It is also important to rate how you're feeling, your walking progress and fitness test results.*
 - *If you find that your plan is not quite working for you and you need to modify that plan - do so.*
 - *Do you have any questions about the items we just talked about? Do you have any of the tools that we spoke about!*

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- *An incentive that you might give yourself is to reward yourself with simple things. Decide how to reward yourself for sticking to it. Think simple, fun and meaningful. Try not to reward yourself with unhealthy food. Bonus points for rewarding yourself with something that furthers your fitness goals (backpack, water bottle, new walking shoes, exercise DVD, etc.).*
- FITT
 - *Apply the FITT principle to keep your goal specific: Frequency; Intensity; Time; Type (see pages 44-47) (health coaching appendix slide set)*
- 5-step walking program (health coaching appendix slide set)
 - *We are going to review these five steps with you now. Please find a good position with a chair, table and/or counter to work with us as we go through these items. (pages 100-104).*
 1. *Warm-Up: Start your walks with a slower pace for 3-5 minutes to warm up.*
 2. *Gentle Stretching: Take time to stretch (find instructions starting on page 150)*
 3. *Walk: Set a target/goal for each walk (can be time-based or distance-based)*
 4. *Cool-down: Once you've hit your target, slow your pace for 3-5 minutes to recover.*
 5. *Stretch again: Take the time to do this! Repeat beginning stretches and hold longer (30-45 seconds)*
 - *The goal now is to use these techniques as you continue to walk.*
 - *Do you have any questions?*
- Instruct stretches (health coaching appendix slide set)
 - *Let's review the exercises to help you warm up, stretch and cool down found on pages 149-155.*
- Participant questions
 - *Do you have any questions on the information we have gone over today?*
 - *Is the time/day determined still good for you to meet with your coaching team?*

Participant Homework: Read chapter 4 and note page 78; 3-step problem solving. Complete fitness diary. See how far or how long you can comfortably walk.

WEEK 3 WWE SCRIPT

- How are you doing check in.
 - *Greet the participant*
 - *What was your walking experience like this week? Were you able to stick to your plan?*
 - *Were the items in the FITT principle that we discussed last week valuable to you? Did you apply them when you were walking?*
 - *Did you follow the 5 STEP WALKING PATTERN? How has that been working? Can you review the basics of the 5 Step walking pattern with us?*
- Anticipating and overcoming barriers
 - *When you think about barriers to your walking, the Walk With Ease Program recommends a 3-step problem solving strategy (discussed in chapter 4 of Walk With Ease Guidebook):*
 - *1. Focus on the problem that is most on your mind*
 - *2. Ask yourself, "What might be causing this problem?"*
 - *3. Try out different solutions*
- Techniques for coping with pain and discomfort after exercise.
 - *Let's review the 2-Hour Pain Rule: If you have more pain 2 hours after you finish walking than before you started, you have overdone it. Cut back on your physical activity until you find a level that does not cause more pain. You may need to slow your pace, walk a shorter distance or walk for less time until you do not experience worsening pain after exercise. If pain increases significantly or does not go away, you should stop and talk with your healthcare provider.*
 - *Change your self-talk. Try not to be negative and focus on the positive. You know what to do to make the pain better. You know that exercise will strengthen your muscles and make you feel better.*
 - *Discomfort should only be temporary. Initially you might feel some stiffness or soreness when getting started but then things often start to loosen up.*
- Solving other common difficulties and worries page 78 in Walk With Ease Guidebook. (health coaching appendix slide set)
 - *Chapter 4 goes over some other common difficulties or worries that people might have which can limit their ability to start and stick with a walking and exercise program.*
 - *At this point, do you have any concerns about your health in relation to your walking?*

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- *Is the location/terrain that you selected for your walking working for you?*
 - *Have you been able to stick to your walking plan each week? Why or why not? Try to think about what may be helping you to stick to your plan or getting in your way.*
- Review diary and goals
 - *Have you been tracking your performance in your walking diary? How did it go?*
 - *Have you been able to write about your experiences in your walking diary? Writing about what helps you to stay on track or what gets in your way will help you to figure out how to stay on track.*
 - *Do you think that your goals might change moving forward? How have your goals changed since week 1?*
- Review techniques for stretching page 149-155 in Walk With Ease Guidebook (health coaching appendix slide set)
 - *Ask the participant to demonstrate each of the stretches that he/she has been doing. Provide the participant with any feedback regarding stretching technique.*
 - *Review poster of Tips for Walking Safely. (health coaching appendix slide set)*
- Participant questions
 - *Do you have any questions?*
 - *Is there anything that you would like us to repeat?*

Participant Homework: Read chapter 5. Complete midpoint self-check (complete same questions as initial self-check, page 136) Continue walking diary, are you on track with your walking contract and goals?

WEEK 4 WWE SCRIPT

- How are you doing check in.
 - *Congratulations on being halfway through your 6-week program. Hopefully you have been doing your stretches with each of your walks and this week we are going to start strengthening exercises.*
 - *Before we begin, do you have any questions or concerns from your participation last week?*
 - *If having pain, review the 2-hour pain rule. You could also ask: Are you wearing supportive shoes and comfortable socks? Walking on level surfaces? Remind them to go back to chapters 2 and 4 in their Walk With Ease Guidebook.*
- Review midpoint self-check.
 - *Compare your results to the starting point self-test you did when you started.*
 - *Did you see any changes in your mid-point self-check?*
 - *Are you walking more that when we started? Even if you see no change or only a small change, you should feel proud of yourself. You have been walking for four weeks. Remember, sometimes it will take longer to see changes. The important thing is to progress safely and comfortably as you work on your walking goals.*
- Body mechanics page 108-109 in Walk With Ease Guidebook (health coaching appendix slide set)
 - *We are going to review the good body mechanics that you read about in chapter 5. Using good body mechanics while walking helps to decrease the stress you put on your body and reduce the likelihood of injuries or problems. (demonstrate as you explain)*
 - *Keep your head up and do not jut out your chin*
 - *Keep your shoulders relaxed and down. If you feel as though your posture is hunched over, do some backward circles with your shoulders to relax them*
 - *Lungs: breathe deeply while walking to fill your lungs*
 - *Arms: swing your arms naturally at your sides and don't clench your fists*
 - *Legs: take regular, natural steps that are comfortable for your walking pace.*
- Review stretching exercises
 - *Do you have any questions regarding the stretches we went over last week?*
- Teach Strengthening exercises pages 156-159 in Walk With Ease Guidebook (health coaching appendix slide set)

- *Let's try some strengthening exercises. It is important to do these regularly because strengthening the muscles around the affected joints often helps reduce pain, helps absorb shock, and ultimately can decrease injury*
 - *Try to do these at home on your own at least 2x/week*
 - *Unlike the stretches you do in the 5-step basic walking pattern, where you move your legs only enough to feel tension in the appropriate muscles, these exercises involve gentle, repeated motions that you do starting at 5 to 10 repetitions and working up to 30 repetitions.*
 - *Remember some basic rules and precautions: Do both right and left sides. Go slowly - no bouncing! Don't hold your breath. If you have increased pain that lasts for more than 2 hours after exercising, do fewer repetitions next time.*
 - *We are going demonstrate and explain the strengthening exercises that are in Appendix B of your Walk With Ease Guidebook: Standing back leg lift; heel and toes raises; basic quadriceps (seated version or lying on back version); mini squats*
 - *When doing exercises in standing be sure to set up a safe environment so that you have something to hold onto if you lose your balance.*
- **Monitoring Intensity: RPE/checking pulse/target HR/talk test pages 110-115 in Walk With Ease Guidebook (health coaching appendix slide set)**
 - *We want to go over the 3 ways to monitor your exercise intensity that were explained in Chapter 5.*
 - *The Talk Test: Talk out loud while you are walking. Low or moderate intensity exercise will allow you to talk comfortably without being out of breath. If you can't carry on a conversation because you are breathing too heavily or are short of breath, then you are working too hard. Slow down your walking pace! (if you have asthma or any breathing problem, it is better for you to use the Perceived Exertion Scale or Heart Rate Scale which we will review next)*
 - *The Perceived Exertion Scale: This method requires the use of the Perceived Exertion Scale on page 112 in your Walk With Ease Guidebook. To use this scale, you choose a description of how hard you are working based on how you feel. If you are new to exercise or walking or have health issues, you should begin walking at a level 2 (very light) or 3 (fairly light). Over time as you progress in your fitness level, you can gradually increase how hard you are working to be between 4 (moderate) to 7 (somewhat hard). If you find that you are working too hard, slow your pace or walk on level, flat surfaces.*
 - *Heart Rate Scale: This method involves finding the target heart rate for your age which can be found on page on 114 of your Walk With Ease Guidebook. What is your age? Based on your age, _____, your target heart rate when you walk should be between _____ if you take your heart rate for a*

full minute or between _____ if you take your heart rate for 10 seconds. If your heart rate is greater than the top number, you are exercising too hard and you should slow down. If your heart rate is below the bottom number and you feel ok, you can work a little harder.

- *Review how to take the pulse at the wrist*
- Participant questions
 - *Do you have any questions?*

Participant Homework for next week: *Please read Chapter 6 and explore tools and resources provided in your book. Complete your walking diary.*

WEEK 5 WWE SCRIPT

- How are you doing check in.
 - *Before we begin, do you have any questions or concerns from your participation last week?*
 - *Have you been completing your readings? Any questions?*
- Review stretches, strengthening and barriers.
 - *Do you have any questions about how to perform the stretches you have been doing?*
 - *Let's review the strengthening exercises we showed you last week from Appendix B. Ask the participant to show you each of the strengthening exercises they have been doing and provide them with feedback to improve their form or safety. Refer them back to Appendix B pages 156-159 in their book for illustrations.*
 - *Standing back leg lift; heel and toes raises; basic quadriceps (seated version or lying on back version); mini squats*
 - *Have you experienced any barriers to completing these exercises?*
- Review diary and fitness progression
 - *Have you been completing your diary? This is a great way to stay on track and see your progress.*
- Continue to identify and remove barriers to program.
 - *Will you continue walking when this program is over?*
 - *Do you have any strategies to help you continue your walking?*
 - *As discussed in Chapter 6, it is important to have a support system to help keep you motivated and even participate with you.*
 - *Remember to avoid injuries by following exercise guidelines. If you experience a problem, consider the 3-step problem solving strategy that was discussed in chapter 4:*
 1. *Focus on the problem that is most on your mind*
 2. *Ask yourself, "What might be causing this problem?"*
 3. *Try out different solutions*
 - *Page 124 in Chapter 6 of your Walk With Ease Guidebook includes some common problems you may experience with some solutions. (health coaching appendix slide set)*
 - *Even if you stop walking, remember that you can restart anytime. Remember to be kind to yourself and start slowly especially if it has been a while. Create a plan and use the resources we have used in Appendix A of your Walk With Ease Guidebook to monitor your progress.*

- Review tools and resources online with the participant.
 - *We hope that you will continue to walk and even join us next semester for this coaching program again.*
 - *Your Walk With Ease Guidebook talks about resources that are available in Appendix C.*
 - *Another place to look for programs is at your local senior center.*
- Participant questions
 - *Do you have any questions?*

Participant Homework for next week: *Next week will be our last session so consider your progress, your plan for moving forward, and any questions you might have. Complete the Ending Point Self-test on page 133. Please complete your final 10-minute fitness test as explained on pages 115-119.*

WEEK 6 WWE SCRIPT

- How are you doing check in.
 - *Congratulations on making it to week 6 and completion of the program.*
 - *How do you feel?*
- Ending point self-test/fitness assessment
 - *Let's talk about your progress.*
 - *Did you see any changes on your ending point self-check compared to your starting point self-check?*
 - *The student leader will enter this information into the google form for data collection.*
 - *What about your final fitness test? Were you able to walk farther or longer than when you first started?*
 - *Even if you see no change or only a small change, you should feel proud of yourself. You have been walking for 6 weeks. Remember, sometimes it will take longer to see changes. The important thing is to progress safely and comfortably as you work on your walking goals.*
 - *Were you able to meet the goals that you set for yourself in your walking contract?*
- Post-participation assessment and plans for continued walking
 - *Think about how you did during this 6-week program and then complete the post-participant assessment on page 147.*
- Participant questions and reflection
 - *You will be receiving a post participation survey in in the next few weeks in order to provide us with feedback on your experience. We would appreciate it if you could take a few moments to complete it.*
 - *Did you find that having a weekly check-in with a coach helped your participation in this walking program?*
 - *Why or why not?*
 - *Would you like to participate in our program again? Any questions before we send you on your way to KEEP WALKING!!!*

PART 5

Appendix A

Self-tests, Contracts, and Diaries



Walk With Ease

Program Goals

- Understand the basics about arthritis and the relationship between arthritis, exercise, and pain
- Learn how to exercise safely and comfortably
- Use methods to make walking fun
- Make a doable personal walking plan with realistic goals for improved fitness
- Gather tips, strategies and resources that will help you to “stick with it,” even when you don’t feel like exercising or things get in your way
- Learn about other programs and resources that can help you keep up your walking and even branch out to other programs that other people with arthritis enjoy



Health Concerns Checklist

Do you

- Have heart trouble?
- Have chest pains or pain on your left side (neck, shoulder, or arm) or breathlessness when you are physically active?
- Often feel faint or have dizzy spells?
- Have high blood pressure?
- Have bone or joint problems that could worsen if you are physically active?
- Are you age 50 and have not been physically active?

If you can answer **no to all**, you can probably participate in this program with no problem.

If you answer **yes to any**, you should probably check with your health care practitioner before participating.

Starting Point Self-test

PAIN

Please circle the number that describes how much physical pain your arthritis has caused during the past week.

No pain As bad as it can be

FATIGUE

Please circle the number that describes how much of a problem fatigue has been for you during the past week.

0 1 2 3 4 5 6 7 8 9 10
No problem A major problem

PHYSICAL LIMITATIONS

The following items are about activities you might do during a typical day. Does your health now **limit** you in these activities? If so, how much? (Circle one number on each line.)

	Not at all	Yes, a little	Yes, a lot
<i>Vigorous activities</i> , such as running, lifting heavy objects, participating in strenuous sports	1	2	3
<i>Moderate activities</i> , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	1	2	3
Lifting or carrying groceries	1	2	3
Climbing <i>several</i> flights of stairs	1	2	3
Climbing <i>one</i> flight of stairs	1	2	3
Bending, kneeling, or stooping	1	2	3
Walking <i>more</i> than a mile	1	2	3
Walking <i>several hundred yards</i>	1	2	3
Walking <i>one hundred yards</i>	1	2	3
Bathing or dressing yourself	1	2	3

Add up all the circled numbers and write your total Physical Limitations score in the box:

Leader's Guide - Appendices

Starting Point Self-test Scoring Instructions

PAIN

If your score was:

- 1–3** Pain is probably not your main concern. You may want to make pain management a lower priority for now and focus on other topics in the book.
- 4–7** Pain is probably an important concern for you. Many of the suggestions in this book will help you to reduce your pain. Information on pain management can be found in Chapters 4 and 6.
- 8–10** Pain is probably a main problem for you. Tell your health care practitioner that you're experiencing a lot of pain. Medication or a change in medication may help. Many of the suggestions in this book will help you to manage your pain. Information on pain management can be found in Chapters 4 and 6.

FATIGUE

- 1–3** Fatigue is probably not your main concern. You may want to make fatigue management a lower priority for now and focus on other topics in the book.
- 4–7** Fatigue is probably an important concern for you. Many of the suggestions in this book will help you to reduce your fatigue. Information on fatigue management can be found in Chapters 4 and 6.
- 8–10** Fatigue is probably a main problem for you. Tell your health care practitioner if you're experiencing a lot of fatigue. Some medications may cause fatigue. Information on fatigue management can be found in Chapters 4 and 6.

PHYSICAL LIMITATIONS

- 10–15** You probably don't have many physical limitations. Information in Chapter 5 and the exercises in Appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.
- 16–22** You have some physical limitations, which can probably be improved if you increase your muscle flexibility, strength, and endurance. Chapter 5 and the exercises in Appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.
- 23–30** You have many physical limitations. The good news is that consistent exercise will probably help you improve your physical activities. Information in Chapter 5 and the exercises in Appendix B may give you ideas for improving your muscle flexibility, strength, and endurance, but check with your health care practitioner for more suggestions.

Exercise **Do**s and **Don't**s

- ✓ **Do** build a program that includes the three different kinds of exercise: flexibility, strengthening, and cardiovascular.
- ✓ **Do** walk when you have the least pain and stiffness.
- ✓ **Do** walk when you're not tired.
- ✓ **Do** walk when your medicine (if you're taking any) is having its greatest effect.
- ✓ **Do** always include a warm-up and a cool-down whenever you walk.
- ✓ **Do** start at your own ability level, move slowly and gently, and progress gradually.
- ✓ **Do** avoid becoming chilled or overheated when walking.
- ✓ **Do** use heat, cold, and other strategies to minimize pain.
- ✓ **Do** use aids, like walking sticks or canes, if they help.
- ✓ **Do** expect that walking may cause some discomfort.
- ✗ **Don't** do too much, too soon. Start slowly and gradually.
- ✗ **Don't** hold your breath when doing anything! Remember, keep breathing.
- ✗ **Don't** take extra medicine before walking to relieve or prevent joint or muscle pain unless prescribed by your health care practitioner.
- ✗ **Don't** walk so fast or far that you have more pain two hours after you finish than before you started (the 2-Hour Pain Rule).

The 2-Hour Pain Rule

Your pain should not be worse two hours after you exercise than before you started. If it is, cut back.



Techniques for Coping with Pain and Discomfort with Exercise

3-Step Problem-solving Strategy

1. Focus on the problem that is most on your mind.
2. Ask yourself: "What might be causing this problem?"
3. Try out different solutions.

Now

- Use heat and/or cold
- Gentle self-massage
- Use Two-Hour Pain Rule (cut back?)
- Use medicines*
- Focus on something else
- Change your self-talk
- Reinterpret your sensations
- Relabel your symptoms

Long-term

- Maintain an appropriate weight
- Use elastic supports or braces
- Use a walking stick or cane*
- Use a shoe insert or orthotic*

* Consult your health care practitioner

Developing Your Walking Plan

1. Set goals and make a contract.



2. Keep records.



3. Use self-tests to measure progress.



4. Check your plan every week.



5. Reward yourself!



6. Make a new contract.



Contract

From (date): _____ To: _____

I, _____ plan to walk

_____ days a week

for _____ minutes a day or _____ (distance),

broken into _____ sessions.

I plan to walk _____

(time of day, e.g., at lunch, after dinner).

I will spend 3 to 5 minutes warming up and

4 to 5 minutes doing warm-up stretches

and 3 to 5 minutes cooling down and

7 to 9 minutes doing cool-down stretches.

When I get halfway through this program (week 3), my reward to myself will be:

When I complete this program, my reward to myself will be:

Signature: _____

Leader's Guide - Appendices**Walking Diary****Week 1**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Starting Point Self-test Pain: ____ Fatigue: ____ Physical Limitations: ____

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary**Week 2**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

This week I chose this as my fitness measure:

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Leader's Guide - Appendices**Walking Diary****Week 3**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Do I remember to reward myself?

Walking Diary**Week 4**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Now my fitness level is:

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Leader's Guide - Appendices**Walking Diary****Week 5**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Walking Diary**Week 6**

Goal: ____ total minutes or ____ total distance for the week. How did I do each day?

Sunday _____

Monday _____

Tuesday _____

Wednesday _____

Thursday _____

Friday _____

Saturday _____

Ending Point Self-test Pain: ____ Fatigue: ____ Physical Limitations: ____

Now my fitness level is:

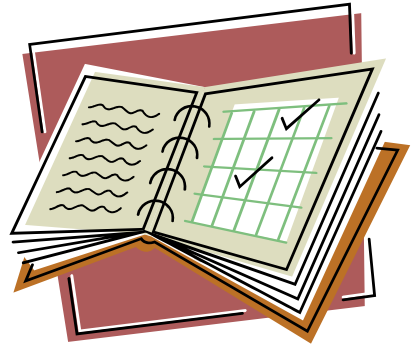
What's helping me to keep walking?

What's been a challenge for me to keep walking?

What information do I need to help me handle the challenges and where can I get it?

Did I remember to reward myself?

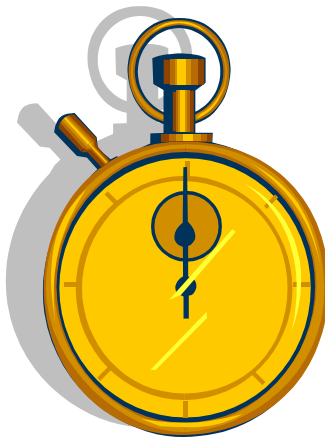
Frequency



Intensity



Time



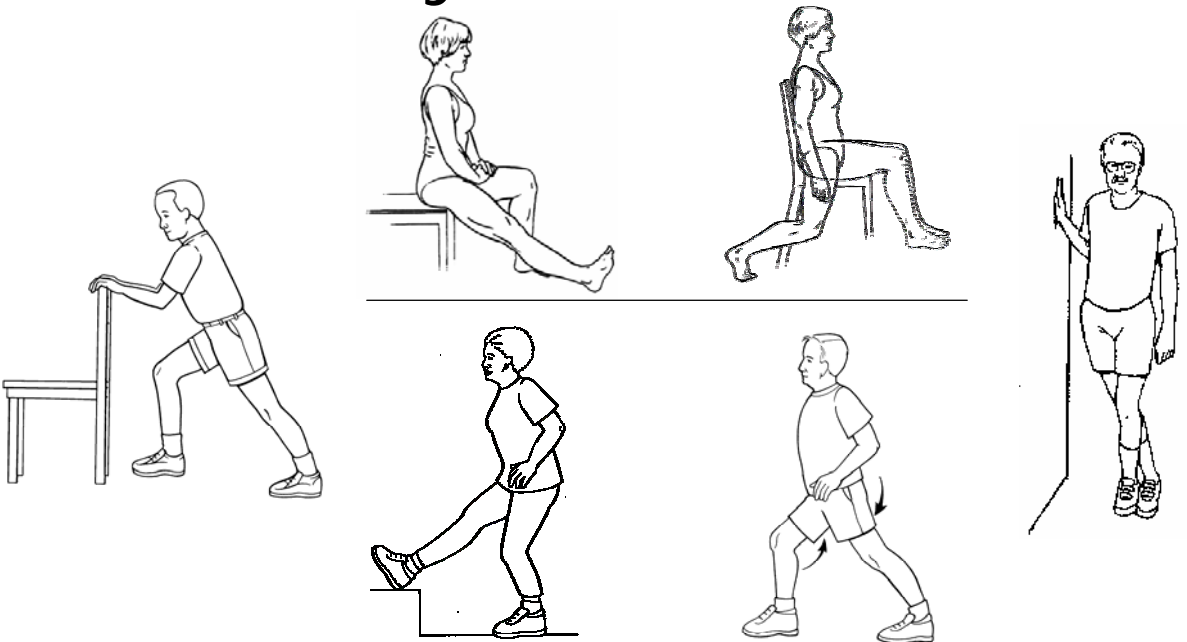
Type



The 5-Step Basic Walking Pattern

1. Warm up:
Start walking slowly.

2. Gently stretch.



3. Start walking and
speed up.

4. Cool down.

5. Gently stretch again.

More Tips for Walking Safely

➤ Watch for serious danger signs

- severe pain
- pressure, tightness, or pain in your chest
- nausea
- difficulty with breathing
- dizziness
- severe trembling
- light-headedness

➤ Watch your exertion level (and slow down) if you have

- cramps or stitches in your side
- very red face
- sudden paling or blanching
- profuse sweating
- facial expression signifying distress
- extreme tiredness
- 2-Hour Pain Rule

And more . . .

- Know your body's normal reaction to exercise.
- Go to the bathroom before you start.
- Drink enough liquids.
- Plan for contingencies.
- Pace yourself.
- It's o.k. to exercise when you're menstruating.



Good Body Mechanics

- **Head up.**
- **Shoulders** relaxed but not hunched.
- **Lungs.** Breathe deeply from your diaphragm.
- **Stomach.** Tighten your muscles a little.
- **Arms.** Swing naturally and easily, opposite to your legs.
- **Hands.** Don't clench; relax them.
- **Legs.** Take regular, natural steps (not too long).



Pick the Right Surface!

Go for Level I

Level I: Flat, firm surfaces such as school tracks, streets with sidewalks, shopping malls, fitness trails, or quiet neighborhoods. (Most people with arthritis should select Level I surfaces when walking as a cardiovascular exercise.)



Level II: Some inclines or stairs, somewhat uneven ground such as sand, gravel, or soft earth.



Level III: Hills, very uneven ground with very loose gravel or stones, or lots of stairs. (Most people with arthritis should avoid Level III surfaces when walking as a cardiovascular exercise.)





a safe and effective level for you. Moderate cardiac intensity – the kind of walking that is recommended for health and fitness – should raise your heart rate into a range between 60 and 75 percent of your maximum heart rate. This range is called your target heart rate and is the recommended level for walking for most people with arthritis.

Perceived Exertion Scale

Verbal description of your exertion	Numeric rating of your exertion
Nothing at all (such as lying down)	0
Very, very light (practically nothing)	1
Very light	2
Fairly light	3
Moderate (still light but starting to work a little more)	4
Moderate (still comfortable but harder)	5
Moderate (getting to be somewhat hard)	6
Somewhat hard	7
Hard	8
Very hard	9
Very, very hard (couldn't do for more than a few seconds)	10

Walk With Ease

- Your number should fall within the 60 percent to 75 percent range of numbers for your age level on the Target Heart Rate Scale. If your number is too high, you're exercising too intensely. Slow down. If your number is too low, and you feel ok, you can work harder.

Target Heart Rate Scale

Age	Max Heart Rate	One Minute Count		10-Second Count	
		60% of max	75% of max	60% of max	75% of max
20-24	200	120	150	20	25
25-29	195	117	146	19	24
30-34	190	114	142	19	24
35-39	185	111	139	18	23
40-44	180	108	135	18	22
45-49	175	105	131	17	22
50-54	170	102	127	17	21
55-59	165	99	124	16	21
60-64	160	96	120	16	20
65-69	155	93	116	15	19
70-74	150	90	112	15	19
75+	145	87	108	14	18

Common Problems and What To Do

Problem	Why it happens	What to do
Sore shins (shin splints)	Shoes that are too big or that provide poor support	Be sure your shoes fit properly If you find yourself "gripping" your shoes with your toes, it's a sign that your shoes may be too big. (See Chapter 3.)
	Inadequate warming up and stretching	Start walking with a strolling warm-up and stretch; always cool down gradually and stretch again. Do ankle flexibility exercises and stretch your shins daily. (See Appendix B.)
	Doing too much, too fast	Increase your walking time slowly. Slow down, if necessary.
Sore knees	Walking too fast	Slow down a little and keep your stride short. To slow your speed but keep your heart rate up, try doing more work with your arms (but avoid "elbow whipping, see below).
	Walking on a surface that's too stressful	Review the section "A Note About Impact" in Chapter 3 and find a place with a better surface for your walks.
	Shoes that don't fit right	Be sure your shoes provide good support and cushioning. (See Chapter 3.)
Calf Cramps	Not enough stretching before and after walking	Warm up and stretch properly.
	Dehydration – not enough water in your system	Drink enough water while you exercise
	Circulatory problems in your legs	Walk briskly for awhile, and then walk slowly for a while. Consult your health care practitioner if they don't get better as your fitness improves.
Heel Pain	Inadequate stretching	Warm up. Stretch. (See stretches in Appendix B.)
	Poor arch support	Shoes with better support and cushioning. If it doesn't go away as your fitness improves, consult with your health care practitioner.

Ending Point Self-test

Do you see any improvement from your Starting Point Self-test?

PAIN

Please circle the number that describes how much physical pain your arthritis has caused during the past week.

[illegible]

FATIGUE

Please circle the number that describes how much of a problem fatigue has been for you during the past week.

0	1	2	3	4	5	6	7	8	9	10
No problem								A major problem		

PHYSICAL LIMITATIONS

The following items are about activities you might do during a typical day. Does your health now **limit** you in these activities? If so, how much? (Circle one number on each line.)

	Not at all	Yes, a little	Yes, a lot
<i>Vigorous activities</i> , such as running, lifting heavy objects, participating in strenuous sports	1	2	3
<i>Moderate activities</i> , such as moving a table, pushing a vacuum cleaner, bowling, or playing golf	1	2	3
Lifting or carrying groceries	1	2	3
Climbing <i>several</i> flights of stairs	1	2	3
Climbing <i>one</i> flight of stairs	1	2	3
Bending, kneeling, or stooping	1	2	3
Walking <i>more</i> than a mile	1	2	3
Walking <i>several hundred yards</i>	1	2	3
Walking <i>one hundred yards</i>	1	2	3
Bathing or dressing yourself	1	2	3

Add up all the circled numbers and write your total Physical Limitations score in the box:

11/11/2019

Leader's Guide - Appendices**Ending Point Self-test Scoring Instructions****PAIN**

If your score was:

- 1–3** Pain is probably not your main concern. You may want to make pain management a lower priority for now and focus on other topics in the book.
- 4–7** Pain is probably an important concern for you. Many of the suggestions in this book will help you to reduce your pain. Information on pain management can be found in Chapters 4 and 6.
- 8–10** Pain is probably a main problem for you. Tell your health care practitioner that you're experiencing a lot of pain. Medication or a change in medication may help. Many of the suggestions in this book will help you to manage your pain. Information on pain management can be found in Chapters 4 and 6.

FATIGUE

- 1–3** Fatigue is probably not your main concern. You may want to make fatigue management a lower priority for now and focus on other topics in the book.
- 4–7** Fatigue is probably an important concern for you. Many of the suggestions in this book will help you to reduce your fatigue. Information on fatigue management can be found in Chapters 4 and 6.
- 8–10** Fatigue is probably a main problem for you. Tell your health care practitioner if you're experiencing a lot of fatigue. Some medications may cause fatigue. Information on fatigue management can be found in Chapters 4 and 6.

PHYSICAL LIMITATIONS

- 10–15** You probably don't have many physical limitations. Information in Chapter 5 and the exercises in Appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.
- 16–22** You have some physical limitations, which can probably be improved if you increase your muscle flexibility, strength, and endurance. Chapter 5 and the exercises in Appendix B will give you ideas for improving your muscle flexibility, strength, and endurance.
- 23–30** You have many physical limitations. The good news is that consistent exercise will probably help you improve your physical activities. Information in Chapter 5 and the exercises in Appendix B may give you ideas for improving your muscle flexibility, strength, and endurance, but check with your health care practitioner for more suggestions.

Thinking About All Six Weeks

How did I do overall?

What do I want to change?

Other notes:

Leader's Guide - Appendices**PART 5**

Appendix B

Exercises to Help You Warm Up, Stretch, and Cool Down

As outlined in the 5-Step Basic Walking Pattern in Chapter 5, after warming up, you should gently stretch, and after cooling down, you should stretch again. This section gives you instructions for warming up, key stretches, additional stretches, and strengthening exercises that will help your walking program.

Ideally, you will go through the 5-Step Basic Walking Pattern each time you walk, even if you walk in 10-minute sessions several times during the day. However, when your time is limited, stretch before and after walking at least one time each day you walk – the first time you walk during the day might make the most sense.

Because you don't want to stretch your muscles when they're cold, be sure to warm up for 3 to 5 minutes first. After you have warmed up, stretch the principle muscle groups for walking: calves, hamstrings, quadriceps and hip flexors, and iliotibial bands. If you are concerned about your balance, do the seated version of the stretches. Hold each stretch for 30 seconds on each side of your body. It should take you no more than 5 minutes to complete your warm-up stretches. After you cool down (3 to 5 minutes), repeat them. This time, hold each stretch for 45 seconds to 1 minute on each side of your body. The cool-down stretches should take from 7 minutes to no more than 9 minutes.

Also included here are some additional warm-up stretches you may wish to try, as well as some strengthening exercises you may wish to do three times a week.

Precautions

By each picture there are notes about precautions you should take.

Balance. Be careful to maintain your balance. Hold on to a stable object (e.g., a chair, railing, wall, or counter) while doing this exercise.

Joint surgery. If you have had recent joint surgery, then check with your doctor before doing this exercise.

Muscle cramps. Stop this exercise if it causes a muscle cramp.

Osteoporosis. If you have osteoporosis or a back compression fracture, then check with your doctor before doing this exercise.

Warm Up Before Stretching

Here are 2 suggestions for warming up:

1. walk slowly for 3 to 5 minutes
2. march in place for 3 to 5 minutes.



Marching in place

PRECAUTIONS: JOINT SURGERY, BALANCE

- Stand, holding on to a supportive railing or the back of a chair.
- Hold on to two chairs if you feel unsteady.
- Alternate lifting knees up and down as if marching in place.
- March in place for 3 to 5 minutes.
- Gradually try to lift knees higher and/or march faster toward the end.

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Key Stretches To Do Before and After You Walk

Before you walk, stretch your calf muscles, your hamstrings, your hip flexors and quadriceps, and your iliotibial bands. If you have concerns about your balance, do the seated version of the exercises. Here are some additional hints about stretching:

- Stretch just until you feel tension, and then hold the stretch in that place.
- Stretch gently and smoothly, and do not bounce.
- Be sure to do each stretch on both right and left sides.
- Breathe naturally as you hold the stretches. Don't hold your breath.

1. Stretch your calf muscles.

PRECAUTIONS: JOINT SURGERY, BALANCE

- Lean against a wall, tree, or chair for support.
- Place your right foot back and keep your toes facing forward.
- Slightly bend the knee of your left leg, never letting your knee go beyond your toes.
- Keep your head up and spine straight.
- Press the heel of your right foot into the ground.
- Hold and then repeat with your left leg.



2. Stretch Your Hamstrings – Standing

PRECAUTIONS: MUSCLE CRAMPS, BALANCE



- Holding onto a supportive railing or wall, place your right leg on a slightly raised surface, like a step or a curb.
- Keep your hips facing forward and your standing knee bent.
- Slowly bend your left knee until you feel a very mild tension or stretch on the back of your right thigh.
- To stretch a little more, bend forward just a little at your hips, keeping your back straight.
- Hold and then repeat with your other leg.

Stretch Your Hamstrings – Seated (if concerned about your balance)

PRECAUTION: MUSCLE CRAMPS



- Sit on the edge of a bench, chair, or other low, firm surface.
- Stretch out your right leg with your toes pointing up, and place your hands on your left thigh.
- Keep your left foot flat on the ground.
- Keeping your back straight, gently lean forward from your hips until you feel a stretch in the back of your right thigh.
- Pull your foot back, pointing your toes up.
- You may feel a stretch by just straightening up your back.
- Hold and then repeat with your left leg.

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3. Stretch Your Hip Flexors and Quadriceps – Standing

PRECAUTIONS: JOINT SURGERY, BALANCE

- Step forward with your left foot, keeping your right knee bent.
- Tuck your buttocks tightly under your hips.
- You will feel a stretch on the front of your right hip and upper thigh.
- Hold and then repeat with your left leg.



Seated (if concerned about your balance)

PRECAUTION: JOINT SURGERY

- Sit on the side of a stable chair, bench, or other low firm surface.
- Gently move your right leg back and behind you.
- Tuck your buttocks tightly under your hips.
- You will feel a stretch on the front of your right hip and upper thigh.
- Slide to the opposite side of the chair.
- Repeat with your left leg.





4. Stretch your Iliotibial bands (ITBs)

PRECAUTIONS: JOINT SURGERY, BALANCE

- Stand with your right hip less than a foot from a wall.
- Cross your left leg in front, but don't put weight on it, and use your right arm against the wall for support, keeping both knees slightly bent.
- Lean toward the wall with your right hip until you feel a stretch on the outside of your right hip.
- Turn around and repeat on the other side.

Additional Stretches You May Wish to Try

Bent leg calf stretch

PRECAUTIONS: JOINT SURGERY, BALANCE

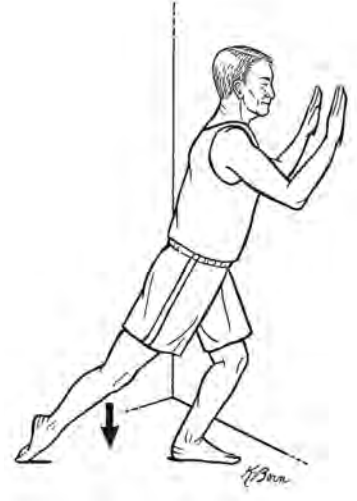


- Lean against a wall, tree, or chair for support.
- Place your right foot back, keeping your toes facing forward.
- Slightly bend your left knee, never letting it go beyond your toes.
- Slightly bend your right knee, as well.
- Keep your head up and spine straight.
- Press the heel of the right foot into the ground.
- Hold and then repeat with the left leg.

Leader's Guide - Appendices**Front of calf and toe stretch**

PRECAUTIONS: JOINT SURGERY, BALANCE

- Lean against a wall, tree, or chair for support.
- Bend your left knee slightly, never letting it go beyond your toes
- Put your right leg back with the toe pointing straight back.
- Keep your head up and spine straight.
- Gently press front of back foot and lower leg toward floor.
- Hold and then repeat with your left leg.



Strengthening Exercises for Walking

Do these exercises three times each week to help strengthen the muscles and joints you use when you walk. Start with 5 to 10 repetitions on each side; increase to no more than 30 repetitions. As for the stretching exercises, if you have concerns about your balance and a seated version is suggested here, do that one. If you have ongoing, severe pain in your knees, ankles, or hips, talk to your health care practitioner to get specific exercise recommendations. Here are some more hints.

- Be sure to do each exercise with both right and left sides.
- Go slowly, and do each movement with control.
- Breathe naturally. Don't hold your breath!
- If you have increased pain that lasts for more than two hours after exercising, next time do fewer repetitions.

Standing back leg lift

PRECAUTIONS: JOINT SURGERY, BALANCE

- Hold on to a counter, table, railing, or wall for support.
- Stand straight and lift your right foot back (keeping your ankle bent) until only your right toes are on the floor, then bring your foot forward again.
- Keep your right leg straight as you move it back and forth.
- Stand straight and don't lean forward, so the motion comes from your hip and you feel the muscles tightening in your buttocks.
- Return only your toes to the floor between repetitions.
- Repeat with your left foot.
- Repeat 5 times on each side to start, increasing to no more than 30 times on each side.



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Heel and toe raises

Standing

PRECAUTIONS: JOINT SURGERY, BALANCE, MUSCLE CRAMPS

- Hold on to a counter, table, railing, or wall for support
- Lift your toes, keeping your heels on the floor.
- Hold for a count of 5.
- Lower slowly.
- Lift your heels, keeping your toes on the floor.
- Hold for a count of 5.
- Lower slowly.
- Repeat 5 times to start, increasing to no more than 30 times.
- It is easier to do both legs at the same time. If your feet are too sore, then wear shoes or do this exercise while sitting down.



Seated (if concerned about your balance)

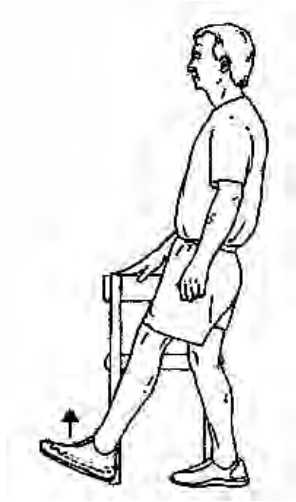
PRECAUTIONS: JOINT SURGERY, BALANCE, MUSCLE CRAMPS

- Sit down with or without your shoes on.
- Lift your toes, keeping your heels on the floor.
- Hold for a count of 5.
- Lower slowly
- Lift your heels, keeping your toes on the floor.
- Hold for a count of 5.
- Lower slowly.
- Repeat 5 times to start, increasing to no more than 30 times.
- It is easier to do both legs at the same time

Basic quadriceps strengthening

Standing

PRECAUTION: BALANCE



- Hold onto a counter, table railing, or wall for support.
- Stand on your right foot, keeping your right knee slightly bent.
- Bring your left leg forward so it is slightly off the ground, but tighten the muscles on the top of your left thigh before you do it.
- Repeat 5 times to start, increasing to no more than 30 times.
- Repeat standing on your left foot and using your right leg.

Seated (if concerned about your balance)

PRECAUTION: NONE



- Sitting on the edge of a chair, put your right leg out in front of you, with it resting on the ground.
- Tighten the muscles on the top of your right thigh by gently pushing the back of your right knee toward the floor.
- Hold for a count of 5.
- Repeat 5 times to start, increasing to no more than 30 times.
- Repeat with your left leg.

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Additional quadriceps strengthening, lying on your back

PRECAUTION: OSTEOPOROSIS

- Bend your left knee and place your left foot flat on the bed.
- Tighten the muscle above your right knee, and bend your right ankle.
- Lift your right leg from a few inches to no higher than your left knee.
- Hold for a count of 5.
- Lower slowly.
- Repeat 5 times to start, increasing to no more than 30 times.
- Repeat with your left leg.

If you can easily do this exercise 30 times on each side without pain, you can add a 1- to 2-pound strap ankle weight to each side at a time and do the exercise as described. Start slowly, though, repeating 5 times to start and increasing to no more than 30 on each leg.



Standing mini-squats

PRECAUTION: BALANCE

(STOP THIS EXERCISE IF IT HURTS YOUR KNEES.)

- Hold onto a counter, table, railing, or wall for support.
- Stand straight with your feet hip distance apart.
- Turn your feet slightly outward.
- Squeeze your buttocks together.
- Slowly bend your knees to lower your body just a few inches.
- Keep your feet flat and do not allow your knees to go past your toes.
- Hold for a count of 5.
- Repeat 5 times to start, increasing to no more than 30 times.

