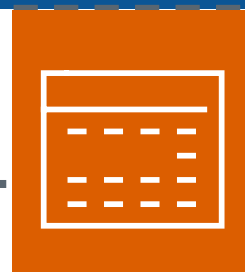


Tools for Success:

Choosing a Walk With Ease Format



The Arthritis Foundation has made two versions of Walk With Ease (WWE) available—a self-directed format and an instructor-led group format. Studies have found both to be safe and effective for managing arthritis symptoms and increasing mobility.

Deciding which version to offer comes down to what's right for your clinics and their patients. Consider factors such as the characteristics and needs of the patient population staff they have available for recruitment, implementation, and evaluation; clinic resources such as physical space and ability to produce and distribute materials; and the information you want clinics to track and report to you. You can use this chart to compare key aspects of each WWE format and aid decision making.

	Self-Directed Format	Instructor-Led Group Format
Participant Ability Level	Participants can be at different physical fitness or mobility levels	Easier if participants are at similar physical fitness and mobility levels
Number of Participants	Unlimited number of participants	Limited to up to 15 people per group
Timing & Scheduling	Flexible because participants have control over when they walk	Participants need to be available at regularly scheduled times
Space & Location	Participants need access to appropriate indoor or outdoor walking space	Participants need access to appropriate indoor or outdoor walking space Physical space needed for group discussion
Recruitment	Staff and resources needed to customize promotional materials (e.g., flyers, social media posts, sign-up sheets)	Staff and resources needed to customize promotional materials (e.g., flyers, social media posts, sign-up sheets)
Implementation	Staff needed for regular correspondence (i.e., weekly emails) to provide support, encouragement, and guidance	One or two leaders needed to supervise each group discussion and walking session and serve as regular point of contact
Tracking & Evaluation	Participants tracked on an individual level because they start program at different times and progress on different schedules Multiple touch points to track progress and provide guidance are done remotely, usually via email Participants get individualized attention but distance may not foster relationship with physical therapist More staff effort may be required to ensure complete reporting from each participant	Participants tracked as a group that begins and ends program together Multiple touch points to track progress and provide guidance are done in real time Fosters strong relationship with physical therapist but participants may require additional attention to suit individual needs In-person group format mitigates reporting efforts

