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WALKING PROGRAM

Walk 4x a week, work up to 30 minutes of walking, with a 5-minute awareness walk to address the way the brain helps the body to iron out kinks. In the awareness walk, notice how the two sides compare and differ. Don't try to change it. That is the beauty of having a plastic nervous system. It just needs to have the information to work and it does better without us interfering (refer to below).

Once you have entered into the warm up, pause and do some gentle stretches. Your heel cords are a good one to do. As you move past the warm up you should check your pulse and respirations to see that you are entering into a conditioning phase. Continue this for the bulk of the waking time. Finish with a 5-minute cool down for part of the walk to allow your body to return to resting phase.

Walking awareness:

- As you walk, scan you whole body to feel how the two sides of the body move comparatively. Which side moves softer, easier, more fluidly?
- Now, look at some parts more closely, how do the two arms swing? If you could think about your arms gliding over two planes of glass, can you see that their movements are in different planes? Which one seems to move more to the front? Which one seems to move more into the back?
- Follow you arm swing into your midback. Can you feel how the arm that moves easier moves into the spine a certain way? How does your chest move? If you had a flashlight at your chest, how would it illuminate the space in front of you, towards one side or straight down the middle?
- Sense how your head is involved with your movement: Does it feel screwed on slightly askew? Does you head feel tilted to one side? Do your eyes track down or on the horizon?
- Move on down the back and feel the diagonal your shoulders make with your hips. How do the two compare? Where do they cross over and meet, in the middle?
- How does your pelvis move? Perfectly still, tipped to the side? If a flashlight was at your navel, how would this illuminate space in front of you?
- How do your feet touch the ground? How do they compare? What parts of your foot touch the ground on your right foot? On the left foot? Can you feel the space in between the balls of your feet and your heel? Does this feel like a solid foot, left or right? Or does it feel like it is more rubbery, absorbing the forces of your body weight? What kind of footprints do you make? Are they spaced wider than your hips, or more narrow? Does one foot turn out more than the other?
- Now, draw back and take in the whole picture again. Has it changed from the beginning?
- Also, journal observations after your walking sessions, making any notes on any changes.
- When possible, walk backwards slowly to feel your legs, arms, and spine. Then restart walking forward to notice any changes in flow? Balance? Ease?