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## **Walking Program**

We have recommended that you, the patient start an at home, self monitored walking program. Please follow the below guidelines.

1. Set a goal of walking 5 days per week.
2. Start with a goal of 10-15 minutes per session.
3. Walk as long and as far as you can prior to the onset of leg pain. Try to push through the onset of leg pain, but if you have to stop that is acceptable. Once the pain is resolved resume your timed goal of walking.
4. Increase the walk time by 5 minutes each week. Your goal for total walk time is **30 minutes**.
5. Keep a journal of when you walk and duration. Make notes of any changes: for example "I was able to walk further" or "I had more pain which required me to stop sooner."
6. **At your follow up appointment bring your walking journal so we can review.**