

**UAMS News Bureau**

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**News Release**  
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**UAMS Physical Therapy Students Offering  
Free “Walk With Ease” Online Classes**

FAYETTEVILLE — Physical Therapy students at the University of Arkansas for Medical Sciences (UAMS) Northwest Regional Campus are offering Walk With Ease classes at no cost to participants starting Feb. 15. The classes are all virtual via weekly Zoom meetings with certified group leaders.

Walk With Ease, which was developed by the Arthritis Foundation, is a structured walking program that teaches participants how to safely make physical activity part of their everyday life. Designed to help people living with arthritis better manage their pain, it also is ideal for people without arthritis who want to make walking a daily habit.

“Research shows that walking is not only good for joints, but also helps improve the health of the heart, lungs and bones,” said John Jefferson, Ph.D., faculty co-advisor of the program and founding director of the UAMS Doctor of Physical Therapy program. “Walking can also help manage weight, which can reduce one’s risk for arthritis in the knee, heart disease and diabetes. If you can be on your feet for 10 minutes without increased pain, you will most likely have success with Walk With Ease.”

The program allows individuals to work on their own, at their own pace, to increase their physical activity. The enhanced aspect of the program allows participants access to their Walk With Ease certified group leaders and group members through weekly Zoom meetings. Group leaders will also be actively involved through weekly emails that contain educational material and encouragement to maximize the six-week journey.

“Participants will learn proper stretching and pain management techniques, as well as build stamina and walking pace,” said Christopher Walter, DPT, Ph.D., assistant professor and faculty co-advisor of the Walk With Ease program. “The program can be modified to meet the needs of individuals so each person can develop an exercise routine that fits their goals.”

To register for the six-week, Walk With Ease course, go to <https://healthprofessions.uams.edu/programs/physical-therapy/walk-with-ease-registration/>. You also may contact the UAMS Department of Physical Therapy at 479-713-8600 or [ptprogram@uams.edu](mailto:ptprogram@uams.edu).

Each course, regardless of the day you choose, will include six sessions.

Choice of meeting days:

- Wednesdays at 12:30 p.m., starting Feb. 15
- Thursdays at 4 p.m., starting Feb. 16
- Wednesdays at 12:30 p.m., starting March 1
- Thursdays at 4 p.m., starting March 2
- Wednesdays at 12:30 p.m., starting March 15
- Thursdays at 4 p.m., starting March 16

The UAMS Northwest Regional Campus includes 329 medical, pharmacy, nursing and health professions students, 66 medical and pharmacy residents, and two sports medicine fellows. The campus has nine clinics including a student-led clinic, orthopaedics and sports medicine, and physical, occupational and speech therapy. Faculty conduct research to reduce health disparities.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,240 students, 913 medical residents and fellows, and five dental residents. It is the state's largest public employer with more than 11,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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