

How to Use WalkActive in Your Practice

A quick-reference guide for podiatrists, physiotherapists and MSK clinicians

What is WalkActive?

WalkActive is a scientifically validated walking technique programme that improves posture, reduces joint strain (particularly knee and ankle), increases walking speed, and builds confidence for sustainable everyday movement.

Key evidence:

- Reduces knee and ankle joint loading
 - Increases walking speed by up to 23%
 - 96% of participants report improved wellbeing
 - Graded, progressive structure with audio coaching
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When to Signpost

Consider recommending WalkActive when your patient:

- Has completed acute rehab and is ready for independent activity
 - Wants to increase walking volume but needs a graded approach
 - Is at risk of boom-and-bust cycles
 - Is discharged but would benefit from ongoing structure
 - Needs a bridge from clinic-based rehab to real-world movement
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Who Suits WalkActive?

Ideal candidates:

- Post-rehab patients ready for graded return to walking
- Chronic MSK conditions (plantar heel pain, Achilles tendinopathy, knee OA) needing technique refinement
- Discharged patients wanting structured ongoing activity
- Deconditioned patients building fitness with attention to joint loading

May not suit:

- Patients in acute pain/inflammation (refer after settling)
- Those unable to walk 10+ minutes continuously
- Significant neurological gait impairment requiring specialist input

How to Introduce in Consultations

Simple script options:

Graduated return:

"You've made great progress. WalkActive is the next step—it teaches better walking technique and builds fitness gradually, protecting the gains we've made here."

Load management:

"Technique matters for your knees/ankles/feet. WalkActive focuses on posture and joint loading so you can walk further without aggravating things. It's scientifically proven and you go at your own pace."

Confidence building:

"Now your pain is under control, WalkActive can help you feel confident walking again. It improves how you walk, not just how much—and that makes a big difference long-term."

Practical Details

- **Format:** Online app with video lessons, audio coaching walks, progress tracking
 - **Cost:** Subscription-based (see walk-active.com)
 - **Time:** Foundation lessons 5–15 mins; graded walks 10–50 mins
 - **Access:** All ages and fitness levels; no equipment needed
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Why MM Podiatry & Orthotics Recommends It

We partner with WalkActive because it aligns with our philosophy of careful tissue loading and graded return to activity. By combining attention to walking technique with progressive load increases, it helps patients avoid the boom-and-bust pattern that derails recovery.

Questions?

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WalkActive is an independent partner programme. We receive no commission—we recommend it purely because it works.

Learn more at: walk-active.com