**Pole walking/Nordic walking Awareness Survey with 2014 eDPT class**

**November 2013**

I sent out a group email to the 2014 DPT class to ask about their familiarity with Nordic walking or pole walking, both personally and in fitness & rehab settings. The questions and responses (12) were:

**1. Prior to this class, had you ever heard of Nordic walking or pole walking?**

**50% yes (6)**

**2. Have have you ever seen Nordic walking or pole walking done as a fitness activity? If so, please briefly describe.**

**33% yes (4) – hiking on TV, hiking class, middle-aged woman hiking, read about it as exercise**

**3. Have you ever seen Nordic walking or pole walking done as a rehabilitation intervention. If so, please briefly describe.**

**17% yes (2) – trekking poles w/ MS to promote reciprocal gait, out-pt Neuro for proprioceptive cues for balance. Two heard about pole walking in the orthopedic elective as potential intervention for genu varus**

**Familiarity with NW appears less in the US – I’m pleased to see that there is some level of awareness and interest in our class!**