

# Activity Program for People with PAD:

## (Peripheral Arterial Disease)

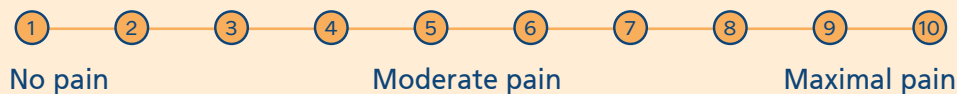
Regular physical activity helps people with PAD to walk farther, and to have less leg pain—which is also called claudication. Ask your healthcare professional if there is a supervised exercise program at a cardiac rehab facility near you.

You can also start a home physical activity program. The information below will help you get started at home with a safe and effective program. Be sure to get clearance from your healthcare provider before starting.

### For All Activities

- Be active at least 3 times a week. Every day is best.
- Set a realistic goal to start, such as 5-10 minutes of total activity.
- Your goal is to build up to 30-45 minutes of total activity.
  - This is the time you are actually being active, not the time you are resting.
  - It may take you several weeks to build up to this amount of time.

#### PAIN SCALE:



### Other Programs

Ask your healthcare provider if any of these other programs may help you walk longer and with less pain.



1 Walk as far as possible without pain



2 Leg Cycling



3 Aerobic Arm Cycling



4 Resistance Training



### Home-Based Walking Program

Using this program helps people with PAD walk longer distances when compared to other options.

#### Walk as far as possible.

- When your pain reaches an 8 or 9 on the scale below, stop walking.
- Start walking again when the pain goes away.

**If you are using a treadmill, set the speed and grade at a level that brings on your leg pain (claudication) within 3-5 minutes.**

- Over time, you will be able to walk longer at that speed and grade.
- Once you can walk 3-5 minutes without leg pain, increase your speed and/or grade until you develop the pain within 3-5 minutes once again.