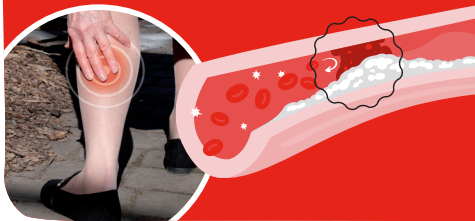


EXERCISE FOR INTERMITTENT CLAUDICATION AND PERIPHERAL ARTERY DISEASE (PAD)

What is intermittent claudication?

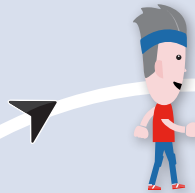
- Leg muscle pain or discomfort during walking;
- Usually caused by narrowed arteries.



Key recommendations

- Aim to complete 30-60 minutes of walking per session;
- Follow the walk-rest-walk pattern (central diagram);
- 3-5 sessions per week.

Walk at a speed that you can maintain for **3-10 minutes**.



Benefits of exercise

- Reduces pain;
- Reduces the need for vascular procedures;
- Improves heart and vascular health;
- Improve mood and sleep.

Further guidance

- **Do not fear walking with leg pain** – it will not harm you;
- **Build up gradually** – your walking speed and time;
- **Be patient** – it usually takes several weeks of exercise to improve symptoms.

Rest until the pain subsides then walk again.



Continue until moderate-to-strong leg pain develops.



General tips

- Wear comfortable clothing and keep hydrated;
- Choose routes with resting places;
- Build in variety, involve others, keep it fun;
- Do not exercise if you are unwell;
- Seek medical advice if you experience **chest pain, dizziness or sickness**.

Do strengthening and balance activities as well

- On at least 2 days per week;
- To stay strong and reduce the risk of falling.



WHERE CAN I FIND OUT MORE INFORMATION ABOUT PERIPHERAL ARTERY DISEASE (PAD)?

www.fcsv-cfvh.org • www.circulationfoundation.org.uk