

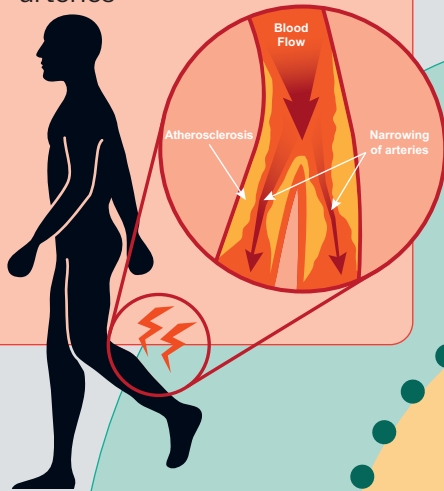
Exercise for Intermittent Claudication



SCAN ME

What is intermittent claudication?

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



NICE National Institute for Health and Care Excellence

RECOMMENDS EXERCISE

Supervised exercise classes produce the greatest benefits - ask your doctor or specialist if these are available locally

Benefits of exercise

- Reduces pain
- Reduces the need for vascular procedures
- Improves heart and vascular health
- Improves mood
- Improves sleep
- Maintains healthy weight

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

to reduce pain and improve fitness

Walk regularly for exercise

some is good, more is better, make it a habit

Rest until the pain subsides then walk again

Continue until moderate-to-strong leg pain develops

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

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

General tips

- Wear comfortable clothing, 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

To find out more about this condition, or donate to the Circulation Foundation, please go to the link below or scan the QR code.

The Circulation Foundation: www.circulationfoundation.org.uk

Source:

Based on the BASES Expert Statement by Tew, Harwood, Ingle, et al. in The Sport and Exercise Scientist, Issue 57 (Autumn 2018), https://www.bases.org.uk/imgs/autumn_2018_7601_bas_expert_statement__v2_569.pdf

Disclaimer:

This infographic is not a validated clinical decision aid. Any reliance placed on this information is strictly at the user's own risk.

Thanks:

To the reviewers who helped to produce this infographic, which was co-funded by The Circulation Foundation and Northumbria University.

