

PERIPHERAL ARTERIAL DISEASE REHABILITATION HOME WALKING PROGRAM

FREQUENCY: 4-6 days per week

TYPE: Walking outside, in a building, or on a treadmill.

WARM-UP: 5 minutes of stretches (handout). If you are able to walk more than two miles an hour, include 2 minutes of slower walking as part of your warm up.

INTENSITY: You walked at _____mph / _____% grade during your last session of rehabilitation. Continue to walk at this intensity until you are able to walk 10 minute bouts. (see progression below).

PROGRESSION: When you are able to walk for three 10 minutes bouts for a total of 30 minutes of walking time, you are ready to walk faster. When you are able to walk 2 miles per hour or more, you may start adding small inclines to your walk route. You will notice that a fairly small hill will increase the work significantly.

DURATION: Your goal is to walk a minimum of 30 minutes in 3 to 5 bouts of walking. It is not harmful to walk more than 30 minutes! Ideally rest periods should be sitting, but if there is not place to sit, stand still to rest.

COOL DOWN: 2 to 3 minutes of slow walking plus stretches. (see stretching handout)

RECOMMENDATIONS: Target Heart Rate: _____bpm Claudication Pain level: Moderate

RECORD KEEPING: Record the **onset** of pain, the time pain reaches **moderate**, the time you **stop**, the number of **minutes of rest**, and your **heart rate**. This will allow you written records to bring to your physician for follow up and will allow you to see your progress!

Feel free to call us with any questions or concerns: Therapist: _____

Phone #: _____