

Burnsville

Fairview Ridges Hospital
201 East Nicollet Ave.
Burnsville, MN 55337

Edina

Fairview Southdale Hospital
6401 France Ave. S.
Edina, MN 55435

Minneapolis

Fairview-University Medical Center,
University campus
Harvard St. at East River Road
Minneapolis, MN 55455

Peripheral Arterial Disease Rehabilitation

Fairview Rehabilitation Services



Fairview Rehabilitation Services



When walking is a pain...

Peripheral Arterial Disease (PAD) is a narrowing or blockage in the arteries of the legs. While most people who have PAD do not have symptoms, some experience fatigue, pain, cramping, aching or numbness in the thighs, calves or buttocks. This discomfort usually occurs when walking more than a block, walking quickly or when climbing stairs, and can make day-to-day physical tasks difficult. Severe PAD can lead to slow-healing wounds, gangrene or even amputation.

What are the risk factors?

PAD affects 8-12 million Americans. Researchers estimate that by the year 2040 more than one million elderly people could develop symptomatic PAD. Many of the risk factors for PAD—smoking, high blood pressure, diabetes and high cholesterol—are the same as those for heart disease. In fact, individuals with PAD are six to seven times more likely to suffer a heart attack or stroke.

How do I know if I have PAD?

A physician can easily diagnose PAD using an ankle brachial index, or ABI, which measures the blood pressure in the legs and arms. Although PAD is not reversible, the rate at which it progresses can be slowed. It is most important to quit smoking and to control high cholesterol, blood pressure and diabetes. Medications may be prescribed to reduce pain. Balloon angioplasty or arterial bypass surgery may help individuals with severe blockages.

Will exercise help?

Studies have shown that supervised exercise rehabilitation increased pain-free walking time an average of 180 percent. Walking time also increased 120 percent. The greatest improvements occur when an individual walks at least 30 minutes three or more days per week. Fairview's Peripheral Arterial Disease Rehabilitation program helps individuals achieve a regular routine and decrease the risk of future blockages.



Fairview's PAD Rehabilitation Program Offers:

- an initial screening, including medical history, risk factor screening, heart and blood pressure monitoring.
- up to 18 supervised exercise sessions using treadmills.
- A stretching/flexibility and muscle-conditioning program.
- Support for modifying risk factors like:
 - ◆ smoking cessation
 - ◆ controlling hypertension
 - ◆ lowering cholesterol
 - ◆ establishing a regular exercise program
 - ◆ stress management techniques

Where can I get more information?

If you have been diagnosed with Peripheral Arterial Disease and are ready to commit to a regular walking program, ask your doctor if this program is right for you.

Location, Location, Location

Fairview's Peripheral Arterial Disease Rehabilitation is offered at three convenient locations in the metro area: Fairview Ridges Hospital, Fairview Southdale Hospital, and at Fairview-University Medical Center. For more information call 952-892-2527.

To schedule an appointment, call 612-273-1118.