Exercise for Intermittent Claudication

What is intermittent claudication?

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

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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

Walk regularly for exercise

to reduce pain and improve fitness

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

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

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

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

Benefits of exercise

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

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

Do strengthening and balance activities as well

- Gym
- Carry heavy bags
- Yoga
- Dance
- Tai Chi
- Brooks

Where can I find out more information about this condition?

The Circulation Foundation: www.circulationfoundation.org.uk

Source:

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

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