Exercise for Intermittent Claudication

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 regularly for exercise
some is good, more is better, make it a habit

Walk at a speed that you can maintain for 3-10 minutes
to reduce pain and improve fitness

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

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
• Bowls

... on at least 2 days per week
... to stay strong and reduce the risk of falling

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.

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