

PERIPHERAL ARTERY DISEASE (PAD)
SUPERVISED EXERCISE PROGRAM



FRANCISCAN HEALTH HEART CENTER

Cardiopulmonary Rehabilitation
1701 South Creasy Lane
Lafayette, IN (765) 502-4003

FranciscanHealth.org/Heart



SUPERVISED EXERCISE PROGRAM TO HELP WITH PAD PAIN

Manage pain associated with Peripheral Arterial Disease (PAD) through a supervised exercise program at Franciscan Health.



Our Program

Franciscan Health offers a supervised exercise program for Peripheral Arterial Disease (PAD). This exercise program takes place in the Cardiopulmonary Rehabilitation Department at the Franciscan Health Lafayette East Campus. Medicare and other insurance carriers now cover up to 36 sessions over a 12 week period for this program.

A program of supervised exercise rehabilitation has been shown to be helpful for people with PAD. It can help decrease the leg pain (called intermittent claudication) that occurs with this disease. A very specific individualized exercise protocol, designed by a team of specialist including your physician,

nurses and exercise specialists, has been shown to improve your ability to exercise and lessen the disability caused by PAD.

Managing PAD Risk Factors

In addition to exercise, many risk factors for PAD can be modified through changes in your daily routine and lifestyle including exercise.

- Reaching a healthier weight – maintaining a healthier weight can reduce your risk for not only PAD, but also coronary heart disease, high blood pressure, high cholesterol, diabetes and other chronic diseases.
- Eating high nutrition fresh foods – choosing a diet rich in whole grains, colorful fruits and vegetable, low-fat dairy choices, and lean proteins is helpful in reducing your risk for cardiovascular disease and lessening the effects of PAD.
- Quit smoking – ask your doctor or healthcare professional about ways to quit smoking. Franciscan Health has several resources available to help you quit.
- Control your chronic health conditions – if you have type II diabetes, high blood pressure, or high cholesterol, it is important to get these conditions under control to help prevent further progress of PAD, stroke and heart attack.

You can learn how to manage your exercise and these other risk factors through participation in the PAD Supervised Exercise Program. Talk to your physician about how to be referred or call (765) 502-4003 to learn more about the program and how to get started.