

Exercise therapy for peripheral artery disease

Included patients

- Women and men with symptomatic chronic peripheral artery disease
- Patients undergoing revascularization

Initial exercise training

- Supervised exercise or home-based training programs
- **Training frequency:** at least 3 times per week
- **Training modality:** intermittent bouts of walking alternating with periods of rest are the first option.
- **Claudication pain intensity:** Based on strong evidence, patients should exercise to moderate-high claudication pain.
- **Exercise intensity:** begin with a “lead-in period” of low-to-moderate intensity followed by, if tolerated, a gradual progression to vigorous exercise intensity
- **Session duration:** at least 30 minutes
- **Program duration:** at least 12 weeks
- Programs should include information and guidance on peripheral artery disease, cardiovascular risk factors, and lifestyle aiming for longer-term behaviour change

Assessments before and after exercise therapy

- Complete medical history, physical examination, and screening for contraindications
- Functional assessment
- Quality of life assessment
- Vascular assessments

Chronic exercise training

- Following initial exercise training (supervised or home-based), patients are encouraged to sustain lifelong and high levels of regular physical activity

