

# Vascular Rehabilitation Program for PAD



## What is PAD?

PAD stands for peripheral artery disease. PAD often occurs in your legs. It is caused by a buildup of plaque in your arteries. Plaque is a blend of fat and other substances like cholesterol. This buildup leads to a narrowing, and in some cases blockage, of the arteries. This results in decreased blood flow to your legs.

PAD can cause cramping and/or pain when you walk. Simple actions, like shopping or walking around your house, can cause cramping in your calf, thigh, or buttocks. This cramping could be severe enough to make you stop and rest. This is called intermittent claudication.



HEART LUNG VASCULAR INSTITUTE

## How does the program work?

The Vascular Rehabilitation Program is an exercise program designed to increase your pain-free walking time and distance. Keep in mind that walking will cause pain in the lower legs. This is a normal symptom of PAD. The PAD program is 36 sessions that happens 2 to 3 days per week. It takes place in Cardiovascular and Pulmonary Rehabilitation with the help of health care professionals. A referral from your health care provider is needed to enroll in this program.

## What are benefits the PAD program?

- Improved walking distance up to 30 to 50%
- Improved quality of life with decreased stress
- Increase in endurance and strength
- Reduce risk of PAD progression
- Reduce cardiovascular risk factors
- Reduce the chance of hospitalizations

## How can you contact the program?

1940 Alcoa Highway, Building E Suite 160  
Knoxville, TN 37920  
Phone: 865-305-6920  
Fax: 865-305-6844