

Peripheral Arterial Disease Supervised Exercise Therapy

(PAD/SET)

What is peripheral arterial disease (PAD)?

PAD refers to circulatory problems caused by plaque buildup within the artery walls. This causes narrowed blood vessels and reduced blood flow in the legs. PAD can increase the risk of heart attack, stroke, amputation and death. PAD is a potentially life-threatening condition that can be managed or even reversed with proper care.

Warning signs can include, but are not limited to:

- Intermittent claudication – Painful cramping in one or both hips, thighs and/or calf muscles during walking or using stairs, which typically subsides with rest
- Leg numbness or weakness
- Discoloration, sores or ulcers on the feet, toes or both
- Cold extremities or thickened toenails

What is supervised exercise therapy?

PAD/SET is a physician-ordered service provided to patients with signs and symptoms of peripheral arterial disease. The main objective of PAD/SET is to increase functional capacity and walking time distance, or time to intermittent claudication.

PAD/SET is a service that may include:

- Exercise to improve functional capacity in a safe and supervised environment
- Monitoring blood pressure, heart rate/rhythm and physical responses before, during and after exercise.
- Education about risk factors that contribute to PAD, which may include:
 - Controlling high blood pressure
 - Lowering cholesterol
 - Weight loss/control and healthy eating habits
 - Gradually increasing physical activity
 - Improving mental well-being
 - Stopping smoking
- Progress reports are sent to your ordering physician

Getting started

If you are experiencing any of the signs or symptoms of peripheral arterial disease and believe you could benefit from the PAD/SET program, please contact your physician to discuss a referral.

Location

2500 Canterbury Drive
Hays, KS 67601

For more information

785-623-5279

<https://www.haysmed.com/debakey-heart-institute/cardiopulmonary-rehab/>