

# Peripheral Artery Disease

RAMC's Cardiopulmonary Rehab Department has a program specifically designed for treatment of leg pain associated with Peripheral Artery Disease (PAD).

## What is Peripheral Artery Disease or PAD?

Reedsburg Area Medical Center offers a medically supervised exercise program for those with peripheral artery disease (PAD). PAD is a narrowing of the peripheral arteries serving the legs, stomach, arms and head. PAD most commonly affects arteries in the legs and can cause pain in the legs when walking.

The most common symptoms of PAD involving the lower extremities are cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Typically, this pain goes away with rest and returns when you walk again.

Patients with peripheral artery disease have a higher risk for heart attack and stroke, so it's critical they understand the importance of early diagnosis, treatment and reducing their risks.

## Who qualifies for this program?

- Those with documented intermittent leg pain when walking. — and —
- Those with evidence of peripheral artery disease from an Ankle Brachial Index (ABI) or other study. — and —
- Those who have been advised to participate in exercise of this type.

## What does the program consist of?

The purpose is to provide intermittent walking exercise, which alternates periods of walking and rest to increase pain-free walking distance and improve quality of life.

This program is held in the Cardiopulmonary Rehab Department in the lower level of Reedsburg Area Medical Center. The program meets for 30-60 minute sessions on Monday, Wednesday and Friday for 12 weeks.

## The program includes:

- An initial assessment.
- Individualized exercise sessions that focus on walking, but may also include seated stepper, stationary bike, and more.
- Strength training and/or resistance bands.
- Support to help you achieve your goals.
- Individualized education to reduce risk factors.
- A plan for continued progress with exercise after completion of the program.



## How Much Does the program cost and how do I join?

If specific criteria is met and exercise is prescribed by your physician, Medicare and the majority of health insurance companies recognize this exercise program as a covered service.

If you may be a candidate for the program, make an appointment with your physician to discuss obtaining a referral. If you qualify, call (608) 768-6250 with questions or to schedule your initial assessment.

“We are treating the leg pain through walking. This program is designed to help people walk longer without pain in the hopes of improving their overall quality of life.

This also helps lower the risk of other cardiovascular events.

Our goal is to improve circulation to the leg muscles and reduce discomfort.”

Nikki Dempsey, Assistant Director of Cardiopulmonary Rehab

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