

BENEFITS YOU GAIN FROM THE PROGRAM:

- Reduce symptoms such as leg, thigh or buttock pain.
- Increase the distance you can walk pain-free.
- Improve the quality of your life.
- Increase your overall strength and endurance.
- Increase self confidence.
- Be able to perform activities of daily living with less difficulty.
- Improve heart health and circulation.
- Slow the progression of atherosclerosis to reduce risk of heart attack and stroke.

STAFF

All teaching, testing, and exercise conditioning will be carried out by trained specialists in close contact with your physician.



Supervised Exercise Therapy (SET)

PENN HIGHLANDS BROOKVILLE
Cardiopulmonary Department
100 Hospital Road
Brookville, PA 15825

**For more information call,
814-849-1818**

Hours of operation:

Monday, Wednesday, and Thursday
8:00 AM - 4:00 PM

Penn Highlands SET program is located on the 2nd floor at Penn Highlands Brookville in Cardiac Rehab. To get to us take elevator #3 to the second floor Annex Building. Follow the blue dots to the Cardiopulmonary window.

www.phhealthcare.org

SUPERVISED EXERCISE THERAPY (SET)

For Peripheral Artery Disease (PAD) Patients

Penn Highlands Brookville



WHAT IS PERIPHERAL ARTERY DISEASE (PAD)?

Peripheral artery disease is a narrowing of the blood vessels that carry blood away from the heart to other parts of the body. It is similar to coronary artery disease (CAD) in the heart. PAD commonly occurs in the arteries of the legs and feet.

WHAT CAUSES PAD?

PAD and CAD are caused by atherosclerosis, the result of cholesterol and fatty deposit buildup in the arteries. The arteries slowly become narrowed and blocked. This results from age, smoking, high blood pressure, high cholesterol and diabetes.

WHAT ARE THE SYMPTOMS OF PAD?

PAD affects millions of people in the US, but many of those affected have little or no symptoms. The most common symptom of PAD is intermittent claudication (IC). This is a cramping pain or fatigue in the legs, thighs or buttocks brought on by exertion or exercise, especially walking, and typically is relieved with rest.

WHAT TO EXPECT

PAD rehabilitation is beneficial for those patients who have been diagnosed with PAD.

Risk factors for PAD include:

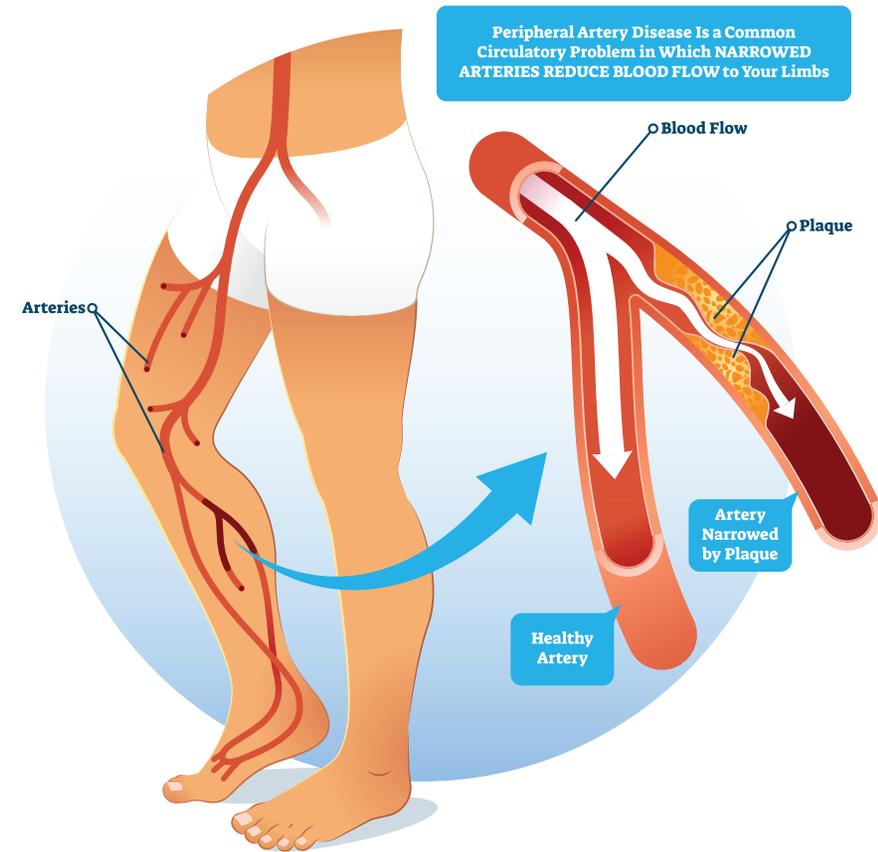
- History of smoking.
- Obesity.
- Diabetes.
- High blood pressure.
- Abnormal cholesterol levels.
- History of heart disease, heart attack or stroke.

While early signs may be mild or absent, PAD is often associated with leg pain when you walk, climb stairs or exercise, or feet and legs that are cool compared to your other limbs.

ABOUT THE PROGRAM

The SET program must:

- Consist of sessions lasting 30-60 minutes, comprising a therapeutic exercise-training program for PAD in patients with claudication.
- Be conducted in a hospital outpatient setting or a physician's office.
- Be delivered by qualified auxiliary personnel necessary to ensure benefits exceed harms, and who are trained in exercise therapy for PAD.
- Be under the direct supervision of a physician, physician assistant or nurse practitioner/clinical nurse specialist.



The program involves the use of intermittent walking exercise, which alternates periods of walking to moderate-to-maximum claudication, with rest. SET has been recommended as the initial treatment for patients suffering from IC, the most common symptom experienced by people with PAD.