PAD PRAIRIE INITIATIVE

NuStep Protocol

Initial pace: 50–60 SPM
Resistance: 1

Participant exercises to moderate pain (3–4/5 on claudication pain scale) after which participant sits down and rests until all pain subsides (0/5 on claudication leg pain scale). Start next exercise bout. Continue this process for the entire 60 minute session.

Patient exercises to RPE of 15 (Borg 6–20 scale) or 7 (10 point scale) after which participant sits down and recovers for 2 minutes. Start next exercise bout. Continue this process for entire 60 minute session.

If participant is able to exercise continuously for 8 minutes or more
Increase resistance by 1
NEXT SESSION

If participant is unable to exercise continuously for 8 minutes
Continue at same resistance

If participant is able to cycle at resistance of 10 at 50–60 RPM continuously for 8 minutes
Increase speed to 60–70 RPM and maintain resistance of 10 NEXT SESSION

If participant is able cycle continuously for 8 minutes or more
Increase resistance by 1
NEXT SESSION

If participant is unable to cycle continuously for 8 minutes or more
Continue at same resistance

If participant is able cycle continuously for 8 minutes or more
Increase resistance by 1
NEXT SESSION

If participant is unable to cycle continuously for 8 minutes or more
Continue at same resistance

If participant is able cycle continuously for 8 minutes or more
Increase resistance by 1
NEXT SESSION

If participant is unable to cycle continuously for 8 minutes or more
Continue at same resistance

If participant is able to cycle at resistance of 20 at 60–70 RPM continuously for 8 minutes increase RPM to 70–80 RPM