

Structured Exercise Programs for PAD: Definitions (Table 7)

Supervised exercise program (COR I, LOE A)

- Program takes place in a hospital or outpatient facility.
- Program uses intermittent walking exercise as the treatment modality.
- Program can be standalone or within a cardiac rehabilitation program.
- Program is directly supervised by qualified healthcare provider(s).
- Training is performed for a minimum of 30–45 min/session; sessions are performed at least 3 times/wk for a minimum of 12 wk.
- Training involves intermittent bouts of walking to moderate-to-maximum claudication, alternating with periods of rest.
- Warm-up and cool-down periods precede and follow each session of walking.

Structured community- or home-based exercise program (COR IIa, LOE A)

- Program takes place in the personal setting of the patient rather than in a clinical setting.
- Program is self-directed with guidance of healthcare providers.
- Healthcare providers prescribe an exercise regimen similar to that of a supervised program.
- Patient counseling ensures understanding of how to begin and maintain the program and how to progress the difficulty of the walking (by increasing distance or speed).
- Program may incorporate behavioral change techniques, such as health coaching or use of activity monitors.