

# Peripheral Artery Disease Rehabilitation at Swedish Covenant Health

Supervised exercise therapy for patients with peripheral artery disease (PAD)



Certified by the American Association of Cardiovascular and Pulmonary Rehabilitation, our Cardiopulmonary Rehabilitation department will provide a supervised exercise therapy program for appropriate patients who have PAD and suffer from pain while walking.

The goal of supervised exercise therapy is to help patients with fatigue, discomfort, cramping or pain in the leg while walking increase their exercise capacity, improve quality of life and reduce mortality rates and cardiovascular risk factors. Using a team approach, nurses and exercise physiologists develop a personalized plan for each patient.

## What to expect:

The program lasts 12 weeks (three months) and includes supervised exercise, education, lifestyle counseling and group support. Classes meet three times a week for 30 to 60 minutes. Benefits of supervised exercise therapy may include the ability to walk for longer stretches of time before needing to rest, reduced leg pain, improved muscle strength, reduced risk of heart attack or stroke and weight loss.

## Getting started:

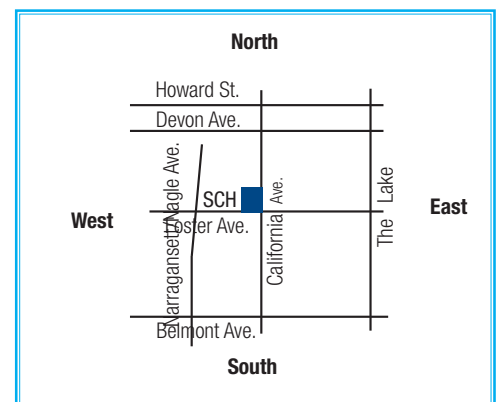
Check with your physician and insurance provider to see if you qualify. If you qualify and your physician approves, obtain an order and schedule an orientation appointment for supervised exercise therapy for PAD through the appointment center at **773-878-6888**. Medicare has approved coverage of supervised exercise therapy recommended for some patients with PAD. Other insurances may approve supervised exercise therapy on a case-by-case basis. For more information please call the Cardiopulmonary Rehabilitation department at **773-878-8200, ext. 7321**.

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## Swedish Covenant Hospital Courtesy Van Information

For your convenience, Swedish Covenant Hospital provides a wheelchair-accessible courtesy van to and from the hospital for on-campus appointments. Transportation is subject to availability, and all requests must be made in advance. Reservations can be made at physician offices, through outpatient rehabilitation services or by calling **773-282-1200**.

### Courtesy Van Service Area



Swedish Covenant Health