

Exercise Program

When the muscles in your legs hurt every time you walk, exercising may be the last thing you want to do. However, research shows exercise is the best thing for you. Exercise decreases the pain in your legs and slows the progression of peripheral artery disease by improving blood flow.

When you visit with your Board-certified Vascular Surgeon, find out if you are a candidate for an exercise program.

1010 West 40th
Street
Austin, TX 78756
Ph 512.459.8753
Fax 512.459.0586

3201 S. Austin Ave
Suite 325
Georgetown, TX
78626
Ph 512.501.4287
Fax 512.459.0586

1180 Seton Parkway
Suite 250
Kyle, TX 78640
Ph 512.651.8420
Fax 512.459.0586

www.ctvstexas.com

Structured Exercise Program

1. Warm up and stretch your calf and thigh muscles for 10-15 seconds in each leg.



2. Walk at a fast pace for at least 5 minutes, even though it may cause mild pain.
3. Stop and rest until the pain is relieved.
4. Repeat the walk and stop routine several times, building up to a 35-minute walk, not counting the rest breaks. Add a few minutes each day until you are able to walk 50 minutes.
5. Cool down with a 5-minute slow walk and stretch your calf and thigh muscles again.
6. Try to walk 3 to 5 times per week. As this routine becomes easier, challenge yourself by walking up a hill/incline or adding stairs to your routine.