



Do you experience pain in your calves, thighs or buttocks with walking ... even a short distance? Does the pain go away with rest?

If you answered "yes" to either of these questions, your leg pain may actually be claudication. This pain is caused by increased plaque buildup in the leg arteries, therefore decreasing the amount of blood flow to the leg/buttock muscles. Research in vascular exercise therapy has demonstrated remarkable improvement in the distance people are able to walk without pain.



GREATER LANSING

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Vascular Rehabilitation

Healthy living from head to toe



GREATER LANSING

One Step At A Time

McLaren Greater Lansing's Vascular Rehabilitation Program is dedicated to improving the lives of people one step at a time.

Step 1: Doctor Referral

Your physician will determine if vascular rehabilitation would benefit you. Diagnostic testing (if not recently completed) for peripheral vascular disease could include the following:

- › Lower extremity arterial doppler (noninvasive ultrasound of the legs)
- › Cardiac clearance
- › Cholesterol profile
- › Fasting blood sugar

Step 2: Rehabilitation

Vascular rehabilitation is a noninvasive exercise program that improves maximal walking distance in patients with claudication—pain in the legs with activity that subsides with rest.

- › Individual exercise orientation and consultation
- › Walking tolerance treadmill test
- › Initial EKG monitored exercise session
- › Hourly—three times per week supervised exercise sessions for 12 weeks
- › Individualized exercise prescriptions calculated from test results, personal medical history and symptoms
- › Comprehensive education classes
- ›

Program Goals for Lifelong Exercise

The goal of McLaren's Vascular Rehabilitation Program is to promote routine lifestyle and exercise changes that will lead to a lifetime of healthy living from "head to toe."

- › Improve maximal walking distance
- › Improve quality of life
- › Improve overall cardiovascular fitness
- › Improve exercise/walking confidence
- › Comprehensive healthy lifestyle education for the vascular patient

For more information, or to schedule an appointment, call (517) 975 8304.

