



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Home exercise log for patients, relatives and carers

Supervised Exercise Programme (SEP) Information for Intermittent Claudication Patients

This booklet provides log sheets to record exercise completed at home during your 12-week supervised exercise programme (SEP).

Regular exercise is the recommended treatment of intermittent claudication. People often worry about the pain that exercise, such as walking, brings on. However, exercise is known to reduce your symptoms and can increase how far you are able to walk, which can help improve your quality of life.

A key target is to do 30 minutes of purposeful exercise eg. a brisk walk at least three to five days per week. Each supervised exercise session at Haxby Road involves 30 minutes of walking exercise, so these sessions contribute to this weekly target. Other moderate aerobic activities can be substituted for walking such as swimming or cycling.

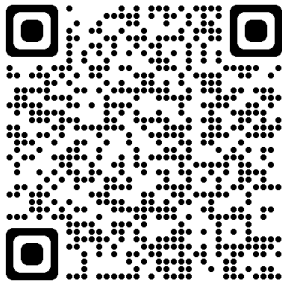
In addition, you should aim to complete a home-based strength and balance exercise routine at least two days per week. Ask your supervised exercise programme instructor for a home-based exercise supplement. See the infographic image on page 5 for more guidance or alternatively see Exercise for Claudication Infographic - 2019 - FINAL.pdf (circulationfoundation.org.uk).

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The Circulation Foundation also provides information about different types of exercise suitable for people with intermittent claudication. The following link provides alternative home exercises:

<https://www.circulationfoundation.org.uk/news/covid-19-special-configure>

Alternatively, scan the QR code below to directly access the site via your smartphone or tablet:



Helpful tips

Try to schedule your exercise into your daily routine and plan ahead. Prior to starting each week's log, take time to consider your goals for that week. Remember goals should be SMART: Specific Measurable Achievable Realistic Timely.

Some things to consider, to help you achieve your SMART goals are:

- What am I going to do?
- Where am I going to do it?
- When am I going to do it?
- Who am I going to do it with?

Overcoming barriers to change

Introducing exercise or increasing the amount of exercise you do can present you with barriers or obstacles, which could prevent you from achieving your goals. It is important to recognise any barriers or obstacles and to think about solutions to overcome them. Use the table below to write any barriers and possible solutions.

Barrier or obstacle	Ideas to overcome this difficulty
Example: walk outside and it's raining	Check the weather forecast ahead of time and schedule to walk outside on a day that has a dry forecast

Exercise for Intermittent Claudication

What is intermittent claudication?

- Leg muscle pain or discomfort during walking
- Usually caused by narrowed arteries



NICE National Institute for Health and Care Excellence

RECOMMENDS EXERCISE

Supervised exercise classes produce the greatest benefits - ask your doctor or specialist if these are available locally

Benefits of exercise

- Reduces pain
- Reduces the need for vascular procedures
- Improves heart and vascular health
- Improves mood
- Improves sleep
- Maintains healthy weight

Walk at a speed that you can maintain for 3-10 minutes

to reduce pain and improve fitness

Walk regularly for exercise

some is good, more is better, make it a habit

Key recommendations

- Aim to complete 30-60 minutes of walking per session
- Follow the walk-rest-walk pattern (central diagram)
- 3-5 sessions per week

Further guidance

- Do not fear walking with leg pain - it will not harm you
- Build up gradually - your walking speed and time
- Be patient - it usually takes several weeks of exercise to improve symptoms

Rest until the pain subsides then walk again

Continue until moderate-to-strong leg pain develops

General tips

- Wear comfortable clothing, keep hydrated
- Choose routes with resting places
- Build in variety, involve others, keep it fun
- Do not exercise if you are unwell
- Seek medical advice if you experience chest pain, dizziness or sickness

Do strengthening and balance activities as well



... on at least 2 days per week
... to stay strong and reduce the risk of falling

Where can I find out more information about this condition?

The Circulation Foundation: www.circulationfoundation.org.uk

Source:

Based on the BASES Expert Statement by Tew, Harwood, Ingle, et al. in The Sport and Exercise Scientist, Issue 57 (Autumn 2018), https://www.bases.org.uk/imgs/autumn_2018_7601_bas_expert_statement_v2_569.pdf

Disclaimer:

This infographic is not a validated clinical decision aid. Any reliance placed on this information is strictly at the user's own risk.

Thanks:

To the reviewers who helped to produce this infographic, which was co-funded by The Circulation Foundation and Northumbria University.



Use this log to record all physical activity you do each week. This includes walking and other physical activities (eg, cycling, swimming, hoovering, washing the floor or other heavy housework, exercise classes). Record all activities for each day.

Week 1

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 2

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 3

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 4

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 5

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 6

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 7

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section on the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 8

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 9

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 10

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 11

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

Week 12

Date:

Goals:

	Physical activity	Duration of exercise	*Total number of steps	Claudication symptoms or other notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

In the notes section of the exercise log, you may want to note any claudication symptoms experienced during the exercise; this might include the time before you experienced any pain or how far you walked before experiencing any pain.

*An activity tracker such as a smartphone or watch can be used to count steps. If you have a device that can monitor your steps, please ask your fitness instructor about how to access this function.

This information leaflet is one of three. The complete set includes:

- Supervised exercise programme: patient information
- Supervised exercise programme: home exercise log
- Supervised exercise programme: exercise supplement

They provide information about the supervised exercise programme and a guide of exercises you can do at home. The log provides a place to record your supervised exercise and home exercises. Your exercise log is a personal record. If you choose it can be shared with your fitness instructor and health care professionals involved in your care.

① If you have further concerns about your condition, please contact your GP. If you are not sure what to do, call 111 or get help from 111 online: <https://111.nhs.uk/> When to use NHS 111 - NHS (www.nhs.uk)

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Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website: www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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