

## **Information and Advice for Patients**

### **Intermittent Claudication – Benefits of Exercise**

Your consultant has suggested that exercise is an effective treatment for your condition of intermittent claudication.

Exercise has been shown to improve the circulation and decrease the pain you experience when walking.

Good results can be achieved, but the programme will require your commitment to attend six weeks of exercise sessions and carry out exercise at home.

#### **Benefits:**

- Reduces leg pain.
- Increases blood flow.
- Improves general fitness and health.
- Reduces the risk of needing an operation.

#### **When and Where?**

Prior to the first class you will be invited by letter to attend for an initial assessment by the Physiotherapist and Vascular Specialist Nurse to confirm your suitability and provide you with information.

**For this assessment please bring a list of all your current medications.**

The exercise classes are held for a period of six weeks on a Wednesday morning at the Norman Centre Bignold Road Norwich NR3 2QZ

- There is a car park.
- On arrival, please report to reception.
- Wear comfortable flat shoes and something loose fitting
- If you have diabetes, please bring a light snack with you and your test meter
- If you take Inhalers or GTN spray, please bring these with you.
- It is important to drink plenty during exercise so please bring a bottle of water with you each week.

## What does the class involve?

The classes will include:

- **Exercise:**  
This will be tailored to your individual needs and is aimed at helping your overall general fitness and increasing the blood flow to your legs.
- **Health Promotion:**  
This will be a short informative session during each class including advice on things that can help the condition intermittent claudication, e.g. smoking cessation, diet, and foot care.
- **Support:**  
The class is attended by around ten local people who are similarly affected by intermittent claudication. This is an excellent opportunity to share and discuss intermittent claudication issues. Advice will also be available from a range of health professionals.

## Follow-up

After completion of the structured exercise classes, you will be asked to return to the Norman Centre for a follow-up re-assessment around six-eight weeks following the last class. You will be sent an appointment for this.

Results will be sent to your consultant, who will contact you regarding your future appointment.

## Useful Contacts

**Vascular Specialist Nurses**  
(Monday-Friday)  
**01603287844 or 01603647972**

**Vascular Surgical Society of Great Britain and Ireland**  
Tel: 020 74309235  
Web address: [www.vascularsociety.org.uk](http://www.vascularsociety.org.uk)

**Circulation Foundation**  
Tel: 020 7304 4779  
Web address: [www.circulationfoundation.org.uk](http://www.circulationfoundation.org.uk)

**For help giving up smoking** Norfolk – including Great Yarmouth and Gorleston,  
Smoke-free Norfolk on 0800 0854 113 or email [ecch.stopsmoking@nhs.net](mailto:ecch.stopsmoking@nhs.net)  
For Suffolk One Life Suffolk (including Lowestoft)  
Quit 51 on 0800 622 6968.

## NHS 111 service