

# INTERMITTENT CLAUDICATION AND PHYSICAL EXERCISE: EFFECTIVENESS OF A HOME-BASED PROGRAM

TOMÁS, M., ENCARNAÇÃO, A., QUINTANS, D., GONÇALVES, L., CAROLINO, E., COUTINHO, I., MEDEIROS, D.

LISBON HIGHER SCHOOL OF HEALTH TECHNOLOGY, POLYTECHNIC INSTITUTE OF LISBON  
S. FRANCISCO XAVIER HOSPITAL  
HEALTH CARE UNIT – LISBON AIRPORT  
PRIVATE PRACTICE  
EGAS MONIZ HOSPITAL

Peripheral arterial disease (PAD) as a high incidence in general population and 12% to 20% of population with more than 60 years has already clinical symptoms, such as intermittent claudication (IC), pain, loss of strength and functional incapacity. There are already some studies that refer the possible positive effects of physical exercise in functional consequences of PAD. The purpose of this study was to verify the results of a home-based (HB) weekly supervised physical exercise program in patients with IC in consequence of PAD in lower limbs, and observe the medium number of diary steps walked by the subjects of our study.

Fourteen subjects (11 males and 3 female;  $72.4 \pm 6.7$  years; BMI  $27.1 \pm 2.8$  kg/m<sup>2</sup>) with IC participated in our study. Through the 6 minutes' walk test (6MWT) we have assessed the distance until claudication (DC) (distance walked until pain), maximal distance walked (MDW) (distance walked until maximal pain) and functional capacity (FC) (total number of meters walked in 6MWT). We assessed also the rate of perceived exertion (RPE) with CR10 of Borg and the highest number of repetitions of elevation of heel (EH). We have applied a HB program during 8 weeks. This program included daily execution of elevations of heels for leg muscles and a walk.

Results show elevation in DC ( $178.8 \pm 75.5$  vs  $259.6 \pm 116.7$ ;  $p=0.01$ ), MDW ( $255.7 \pm 104.4$  vs  $326.5 \pm 137.9$ ;  $p=0.008$ ), FC ( $299.1 \pm 115.1$  vs  $389.6 \pm 102.1$ ;  $p=0.000$ ) and EH ( $42.1 \pm 14.7$  vs  $59.9 \pm 21.6$ ;  $p=0.002$ ), respectively before and after HB program. The RPE has also decreased ( $3.1 \pm 1.1$  vs  $2.6 \pm 0.6$ ) but not significantly. With a pedometer we have also observed that subjects of our study walked  $4990 \pm 1872$  steps a day.

Conclusions: A weekly supervised HB program with walk and strength training of leg muscles shows effectiveness with these patients in the relief of symptoms of IC. Nevertheless it is necessary not only to verify these results in a group with more subjects but also to give and spread orientations about the importance of physical exercise programs with these populations.