

EXERCISE INSTRUCTIONS

Chronic Venous Insufficiency

Always follow the advice of your provider (doctor/nurse practitioner/physician assistant). The instructions below are general and should only be done with their approval.

General Guidelines

- Warm-up: 5-10 minutes
- Aerobic: 30-60 minutes continuous exercise (use RPE – see next page)
- Weight Training: 10-20 minutes
- Cool-down: 5-10 minutes
- Stretching: Up to 5 minutes of light stretching

Warm-up

Easy/light movement that prepares muscles for aerobic and/or weight training exercise.

Aerobic

- Done most days of the week.
- Uses large muscle groups working together.
- Walking (weight bearing exercise) is suggested exercise.
- Should cause an increase in heart rate (HR) and breathing rate, but you should still be able to carry on a conversation.

If unable to perform 30 minutes of continuous exercise, try shorter bouts of exercise that add up to 30-60 minutes

Stretching

- Decreases muscle soreness and increases flexibility.
- Done after every workout session.
- Hold stretch up to 30 seconds (as tolerated) without moving, and be sure to keep breathing.

Weight Training

- A warm-up should be done prior to any weight training.
- Most of your weight training should use the lower body.
- High repetitions are recommended (examples: calf raises or squats).
- Proper breathing is important when doing weight training. Make sure to breathe out on the exertional component of the exercise.
- **Note:** it is not safe to do isometric training (pushing against a fixed object or a high resistance without movement) at this time.

Cool-down

Similar to the warm-up; light movement to help bring your heart rate back down to its resting level.

PRECAUTIONS

- Your physician should clear you before you start an exercise program.
- Exercise may result in fluid loss (dehydration) so drink fluids to prevent low blood pressure after exercise. However, patients on fluid restriction should ask for more specific advice.

WHEN TO CALL & WHO TO CALL

If you have any of these symptoms before or during exercise, stop exercise immediately and contact your physician:

- Chest pain
- Shortness of breath
- Lightheadedness, or
- Increase in swelling (ankles)
- Anything that feels different than usual.

RATING OF PERCEIVED EXERTION (RPE)		
Use this scale to find the intensity level of your exercise. A rating of 11-13 is ideal.	6	
	7	Very, Very Light
	8	
	9	Very Light
	10	
	11	Fairly Light
	12	
	13	Somewhat Hard
	14	
	15	Hard
	16	
	17	Very Hard
	18	
	19	Very, Very Hard
	20	

For questions about exercise, call the exercise consultants at:

Cardiovascular Center 734-936-5627
Cardiovascular Medicine at Domino's Farms 734-998-5666 or 998-7400

Developed by Preventive Cardiology (Exercise Physiologists), UMHS.