

Recognition

www.edgertonhospital.com

Supervised Exercise Program - Peripheral Artery Disease



Nationally accredited by the **American Association of Cardiovascular and Pulmonary Rehabilitation**.



Edgerton Hospital has earned **The Joint Commission's GOLD SEAL OF APPROVAL**® for meeting national **QUALITY** and **SAFETY** standards.



Edgerton Hospital has earned the Press Ganey **"Guardian of Excellence Award"** for Patient Experience in Emergency Care.

Services

- Acute and Outpatient Care
- Cardiac Services
- Community Education Courses
- Diagnostic Testing
- Emergency and Urgent Care
- Family Medicine
- General and Specialized Surgery
- Infusion Services
- Physician Specialty Clinics
- Pulmonary Services
- Respiratory Therapy
- Short-Term Rehabilitation (Swing Bed)
- Sleep Study Program
- Supervised Exercise Therapy for Peripheral Artery Disease
- Wound Care

Local, Convenient

11101 N. Sherman Road
Edgerton, WI 53534
608.884.3441 | 800.884.3441



Passionate People, Compassionate Care



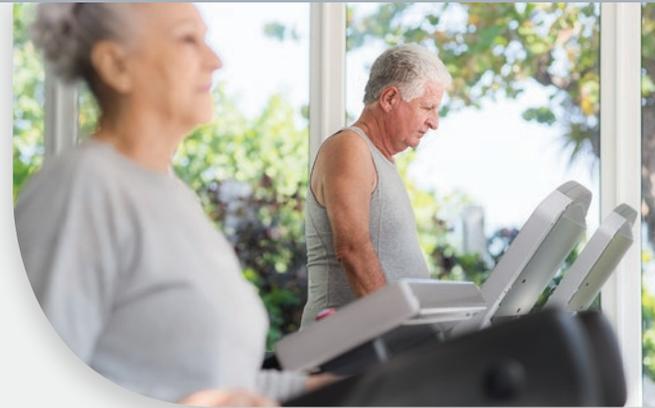
Taking Steps to Improve Mobility

Edgerton Hospital’s Supervised Exercise Therapy program for people living with peripheral artery disease (PAD) is designed to increase mobility, and also improve quality of life. In addition, by treating PAD, you’ll be reducing your risk of heart attack, stroke, and amputation. By joining this program, you’re taking steps in the right direction to living your best life.

What Should You Expect?

Our multi-disciplinary team, consisting of a cardiologist, vascular surgeon, registered nurses, respiratory therapists, exercise physiologists, dietitians, and social workers will work together to evaluate your overall physical and emotional status and will then develop a program to meet your specific needs. Within your program, you can expect the following objectives to be met:

- To provide you with a better understanding of the disease process
- To increase the distance you can walk
- To improve your overall level of physical fitness
- To reduce your risk of a cardiovascular event
- To enhance the quality of your life



Program Details

The Supervised Exercise Program for patients with PAD consists of numerous components, including:

Education



Education for both the individual and families will be provided by a multi-disciplinary team.

Exercise



Supervised exercise is performed 3x/week for 1-hour sessions, including a 5 minute warm up and cool down. This program will last from 12 to 24 weeks. You will walk until you feel pain, then rest. Exercise training intensity increases over time.

Support



You’ll have a chance to network with your peers and learn from others who have similar health situations. You’ll work together towards a common goal, which is not only enjoyable, but rewarding!

Does Insurance Cover this Supervised Exercise Program for PAD?

YES – if patients meet certain criteria, the treatment program is covered by most major insurance companies, including Medicare. Insurance plans vary in coverage and eligibility, so please check your plan for coverage and requirements.

Maintenance Exercise Program – People with PAD must continue regular walking exercise in order to maintain the benefits gained during supervised exercise. Some may prefer to exercise at home, but many continue with a self-pay program in a medical facility-based wellness program.



Contact the Supervised Exercise Therapy Team:
608.884.1396 or 800.884.3441
Fax: 608.884.1393

