

Exercise and pain management



Claudication pain* for those with peripheral vascular disease

- Only exercise to the point of moderate pain (i.e., 3 out of 4 on the Claudication Pain Scale).
- Sit and rest intermittently when moderate pain is reached, and resume only when pain is COMPLETELY alleviated.

Claudication Pain Scale	
0 = no pain	Resting or early exercise effort
1 = very mild pain (onset of claudication)	1st feeling of any pain in legs
2 = mild pain	Pain which the patient's attention can be diverted
3 = moderate pain	Intense pain from which patient's attention cannot be diverted. (Most exercise programmes may recommend cessation of exercise at this point)
4 = severe pain	Excruciating and unbearable pain

* Pain in your thigh, calf, or buttocks when you walk, which can make you limp.

Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/claudication>