



ANDERSON

Cardiopulmonary Rehabilitation

Suffering from PAD? Our program can help.



Peripheral Artery Disease Rehabilitation Program

Do you know someone who has, or have you been diagnosed with Peripheral Artery Disease (PAD) with claudication (pain caused by too little blood flow, usually during activity or exercise)?

The **PAD Rehabilitation Program** at Anderson Regional Medical Center assists individuals in achieving and maintaining an optimal level of cardiovascular fitness.

PAD rehabilitation includes:

Exercise—Participants receive individually tailored exercise program sessions for 30-60 minutes, 3 days per week, for a total of 12 weeks/36 sessions. Each session is supervised by trained health professionals.

Education—Participants and their family members learn more about PAD, risk factor modification and necessary changes to enhance quality of life.

Our goal is to help participants with PAD maintain their highest level of health.

**Find out more about our PAD Rehab Program today!
Call 601.553.6789.**

AndersonRegional.org