

Supervised exercise therapy for peripheral arterial disease (SET-PAD)

Inova Schar Heart and Vascular's SET-PAD program is a behavior and lifestyle management program for adults with peripheral arterial disease. Our team of exercise physiologists, nurses and registered dietitians is here to help you improve your mobility and quality of life through lifestyle management and behavior modification education. Individuals will attend up to 12 weeks or 36 sessions of supervised exercise and risk factor education. Participants will work with the clinical team on exercise progression and educational topics focused on individualized clinical and risk factor assessment. One-on-one appointments with a registered dietitian and diabetic educator may be available to support care needs.

Who should participate in SET-PAD?

Individuals who have a diagnosis of intermittent claudication can participate in SET-PAD.

Benefits of SET-PAD

SET-PAD can help you improve your:

- Walking ability and endurance
- Onset of pain with walking
- Blood pressure
- Circulation
- Diabetes management
- Flexibility and balance
- Lifestyle modification knowledge
- Heart-healthy diet
- Self-confidence
- Strength and endurance
- Stress and anxiety management

Education

Inova Schar Heart and Vascular offers educational opportunities to patients enrolled in SET-PAD. Lectures vary by location, and seminars may include:

- Exercise guidelines and progression
- Healthy eating guidelines
- Medication information
- Lifestyle management tips
- Risk factor guidelines
- Diabetes education

How can I enroll?

If you are interested in learning more about Inova Schar Heart and Vascular's SET-PAD program, please call **571.472.3070**. You will need a doctor's referral to enroll in the program.

Fees and insurance

Most insurance plans cover much of the cost of SET-PAD. However, the amount covered varies across insurance companies.

We encourage you to contact your insurance company for details about your plan's coverage for SET-PAD. Our team will verify your benefits and inform you of your financial responsibility before you start our program.

Our locations

We offer SET-PAD at four convenient locations throughout Northern Virginia as part of Inova's cardiac rehabilitation programs.

Inova Alexandria Hospital

4320 Seminary Rd.
Alexandria, VA 22304

Inova Fairfax Hospital – Inova Schar Heart and Vascular

3300 Gallows Rd.
Falls Church, VA 22042

Inova Loudoun Hospital – Schaufeld Family Heart Center

44045 Riverside Pkwy., 1st floor
Leesburg, VA 20176

Inova Mount Vernon Hospital

2501 Parkers Ln.
Alexandria, VA 22306



Scan or visit [Inova.org/PADEXercise](https://www.inova.org/PADEXercise) for more information about our SET-PAD program