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Doshier Introduces Peripheral Artery Disease Treatment Program at Cardiac Rehab

SOUTHPORT— Doshier Cardiac Rehab is introducing a new exercise program for patients with symptomatic peripheral artery disease (PAD). PAD often causes pain, cramping, limping and a tired feeling in the legs when walking, even short distances. This is known as claudication and can be a debilitating factor limiting mobility and function. Our new “PAD Rehab” is a 36-session, supervised exercise program, individually designed for each participant. The advantages of PAD Rehab include improved walking distance, reduced leg pain, reduced cardiovascular risk factors, and improved quality of life.



Pictured are Lynn Lancaster, RN; Natalie Swiger, MSN, RN, CCRP; and Anna West, BS, EP, from the Doshier Cardiac Rehab

Sessions take place at the Doshier Wellness Center and will be managed by our certified Cardiac Rehab team of nurses and exercise physiologists. This program is covered by most insurance providers and does require a physician's order.

The Doshier Wellness Center is located at 3009 Medical Plaza Ln. in Southport, 1 mile south of the 211/Midway Road intersection. For more information or to make an appointment, call 910-454-1234 or visit Doshier.org/clinics

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