

Structured Exercise Programme

What is a Structured Exercise Programme?

A Structured Exercise Programme involves frequent episodes of exercise to the maximum level tolerated, under controlled conditions and under the close supervision of a person trained to provide such therapy. **A SEP involves three sessions per week, each of half an hour for three months.**

To obtain the maximum benefit, all sessions should be attended.

Is a SEP any better than my exercising myself or having balloon treatment?

Structured Exercise Programmes have been shown to increase the maximum walking distance for patients with intermittent claudication. A SEP is more effective than simply exercising yourself, even with instructions.

Whilst the gains may not be as great as after a successful angioplasty, the results are durable and often sufficient to improve the patient's quality of life so that no further treatment is required. Importantly, **a SEP carries none of the risks of balloon angioplasty or arterial surgery.**

In addition to the improvement in walking distance there is evidence for broader gains in general health, weight loss and lifting of mood.

What does the SEP involve?

There is an **initial assessment consultation** which lasts up to an hour. During this session we undertake detailed assessment, leading to a bespoke exercise programme.

The subsequent 36 sessions deliver this programme.

Information is collected during each session relating to your walking and any other symptoms.

How much does the SEP cost?

Initial Assessment (up to one hour)	£175
SEP (36 half-hour sessions)	£1495

What happens when I have completed the SEP?

At the end of the three-month SEP, patients are referred back to Mr Birchley by the SEP Director for a follow-up appointment. Information relating to the patient's performance and progress during the SEP will be available to support the review.

This review costs £225.

At this point, the possible outcomes are:

- Satisfactory improvement in symptoms allowing discharge
- Some improvement
- No improvement

For patients with some or no improvement, consideration will be given to further investigation with arterial imaging to look at suitability for balloon angioplasty.

What if I have a question or concern during the SEP?

The programme director will answer any questions patients may have, where possible. In addition, both the Programme Director and the patient can contact Mr Birchley at any time via his secretary on (01392) 262174, or via email at enquiriesexeter@exeterveinandhernia.co.uk.

Is a SEP available through the NHS?

At present no NHS SEP facilities for claudicants exist in the local area.

Can I arrange this for myself?

Mr Birchley is happy to provide patients wishing to arrange their own SEP through a gym or personal trainer with written guidance and reference to resources.