**SDC 1: Example 1 - Illustration of Poor Treadmill Walking Capacity and Appropriate Prescription of Multimodal Aerobic Exercise**

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| **Patient Health History**: 78-y-old Caucasian male. *ABI* = 0.70 (Left) and 0.84 (Right). *Exertional leg symptoms:*bilateral pain/cramping throughout the legs. *Lower extremity revascularization*: bypass. *Foot Check*: Unremarkable. | | | | | | |
| **Initial ExRx**: *Frequency:* 3d/wk; *Primary Mode:* treadmill; *Duration*: Progress to 30-45 min; Intensity: choose a comfortable walking speed and adjust grade as needed to induce 2-3/4 claudication rating within 5-10 min of exercise bout. | | | | | | |
| **Session 1 Bouts** | **Bout Duration (min: sec)** | **Speed (mph) / Incline (%)** | **Claudication (0-4) / RPE (6-20)** | **Recovery time (min:sec)** | **METs** | **Reason for Stopping** |
| 1 | 2:20 | 1.1 / 0 | 2 / 14 | 6:00 | 1.8 | Mild Pain/Discomfort |
| 2 | 2:50 | 1.0 / 0 | 1 / 15 | 7:00 | 1.8 | Fatigue |
| 3 | 2:15 | 1.0 /0 | 1 / 15 | 6:15 | 1.8 | Fatigue |
| 4 | 2:30 | 1.0 / 0 | 2 / 14 | Requested to stop session | 1.8 | Mild Pain/Discomfort |
|  | | | | | | |
| **Session 2 Bouts** | **Bout Duration (min: sec)** | **Speed (mph) / Incline (%) or Step Rate (steps/min) / Level** | **Claudication (0-4) / RPE (6-20)** | **Recovery time (min:sec)** | **METs** | **Reason for Stopping** |
| 1 | 2:25 | 1.1 / 0 | 3 / 14 | 5:00 | 1.8 | Moderate Pain/Discomfort |
| 2 | 2:35 | 1.1 / 0 | 1 / 14 | 7:00 | 1.8 | Fatigue |
| Switched to total body recumbent stepping 20 min into SET session | | | | | | |
| 3 | 20:00 | 55 / 2 | 0 / 14 | 7:15 | 2.0 | Fatigue |
| 4 | 10:00 | 55 / 2 | 0 / 12 | End of session | 2.0 | End of session |

ABI, ankle brachial index; ExRx, exercise prescription; RPE, rating of perceived exertion; METs, metabolic equivalents of task; SET, supervised exercise therapy.

**SDC 2: Example 2 - Establishing the Initial Starting Exercise Intensity in the Supervised Exercise Therapy Program using Trial-and-Error**

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|  | **Patient 1** | **Patient 2** | **Patient 3** |
| **Walking Bout 1** | | | |
| Speed/Incline (mph/%) | 2.2 / 0 | 1.5 / 0 | 1.8 / 0 |
| Bout Duration (min:sec) to Mild/Moderate Pain/Discomfort | 4:45 | 16:20 | 4:50 |
| **Walking Bout 2** | | | |
| Speed/Incline (mph/%) | 2.2 / 1 | 1.5 / 0 | 1.4 / 0 |
| Bout Duration to Mild/Moderate Pain/Discomfort | 4:20 | 17:15 | 12:30 |
| **Walking Bout 3** | | | |
| Speed/Incline (mph/%) | 2.2 / 2 | 1.5 / 0 | 1.6 / 0 |
| Bout Duration to Mild/Moderate Pain/Discomfort | 4:00 | 16:50 | 8:50 |

**SDC3: Example 3 - Prolonged Rest Intervals in Supervised Exercise Therapy**

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| --- | --- | --- | --- | --- | --- | --- |
| **Patient Health History**: 84-y-old Caucasian male, retired. *ABI* = 0.71 (L) and 0.92 (R). *Exertional leg symptoms***:** pain in left leg from calf to hip, not severe. *Lower extremity revascularization*: not performed. *Foot Check:* Unremarkable. | | | | | | |
| **Initial ExRx**: *Frequency:* 3d/wk; *Primary Mode:* treadmill; *Duration*: Progress to 30-45 min; Intensity: choose a comfortable walking speed and adjust grade as needed to induce a 2-3/4 pain/discomfort rating within 5-10 min of exercise bout. | | | | | | |
| **Session (n)** | **Bouts (n) / Bout Duration (min:sec)** | **Speed (mph) / Incline (%)** | **RPE (Borg 6-20)** | **Recovery time (min)** | **METs** | **Total Exercise Time (min:sec)** |
| 1 | 3 / 7-10 | 2.4 / 0 | 13-14 | 8-9 | 2.8 | 26:45 |
| 4 | 3 / 7-10 | 2.4 / 0 | 13-14 | 8-9 | 2.8 | 28:00 |
| 12 | 3 / 8-9:30 | 2.5 / 1.0 | 12-13 | 8-9 | 3.3 | 26:15 |
| 18 | 3 / 8:30-9 | 2.5 / 1.5 | 12-13 | 8-9 | 3.4 | 26:45 |
| 36 | 3 / 8-10 | 2.5 / 1.5 | 12-13 | 8-9 | 3.4 | 27:30 |

Abbreviations: ABI, ankle brachial index; ExRx, exercise prescription; RPE, rating of perceived exertion; METs, metabolic equivalents of task.

**SDC 4: Example 4 – Evaluation of Response to SET**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session (n)** | **Bouts (n) / Bout Duration (min [range])** | **Speed (mph) / Incline (%)** | **RPE (Borg 6-20)** | **Recovery time (min)** | **METs** | **Total Exercise Time (min:sec)** |
| **Patient A** | | | | | | |
| 1 | 4 / 5-8 | 2.0 / 1 | 11 | 4-5 | 2.8 | 25:15 |
| 4 | 4 / 7-9 | 2.0 / 2 | 11 | 4-5 | 3.1 | 31:30 |
| 12 | 4 / 6-8 | 2.0 / 4 | 12 | 4-5 | 3.6 | 29:45 |
| **Patient B** | | | | | | |
| 1 | 3 / 5-6 | 1.5 / 0 | 12 | 4-5 | 2.1 | 18:00 |
| 4 | 3 / 5-6 | 1.5 / 0 | 11 | 3-4 | 2.1 | 21:30 |
| 12 | 3 / 5-6 | 1.5 / 0 | 11 | 3-4 | 2.1 | 22:15 |

Abbreviations: RPE, rating of perceived exertion; METs, metabolic equivalents of task.