

Table G2.A5. Summary of Meta-Analysis and Review Articles on PAD Exercise Training Studies (9)

Author/Journal/Year	Type	Random/Control	Intervention/Measures	Finding
Ernst E Arch Intern Med 1993 (1)	Review	Randomized Controlled Computer literature search	–	Exercise improves pain-free walking distance. Should be: supervised, ≥ 2 months, high intensity
Gardner AW JAMA 1995 (2)	Meta-Analysis	Computer search via MEDLINE Included both randomized + non- randomized studies	21/33 studies met criteria	COT distance ↑ 179% and total distance ↑ 122%. Recommend: 30-minute sessions, 3x/week, walking, 6 months duration
Brandsma JW Physical Therapy 1998 (3)	Analysis of studies	Computer search Included both randomized + non- randomized studies	10/82 studies meeting methodologic quality	Walking distance mean ↑ of 105%
Girolami B Arch Intern Med. 1999 (4)	Meta-Analysis	MEDLINE search of Level 1-random blind Level 2-open random Level 3-non-random	L2 (5): COT ↑ 139 m Tot dist 179 m No sample size > 25 subjects	–
Leng GC CD 000990 2000 (5)	Cochrane Database System Review	Randomized only. 10/15 met quality criteria	–	Distance walked ↑ 150% Exercise better than angioplasty and antepate Rx, no difference vs. surgical treatment.
Tan KH Br J Surg 2000 (6)	Review	14 studies from 1970-1995; n range from 9-26 with one of 129	–	Average 101% ↑ in walking distance Average program length 5-6 months.
Stewart KJ NEJM 2002 (7)	General Review	–	–	In agreement/discussion of studies previously cited
Bendermacher BL CD 005263 2006 (8)	Cochrane Database System Review	Compared supervised vs. non-supervised exercise RCTs	8/37 met criteria n= 319 total subjects, ranging 20-59	Supervised better than non-supervised, 150 meters better improvement
Wind J Eur J Vasc Endovasc Surg, 2007 (9)	Systematic Review	Only RCT between 1990-2006 comparing supervised vs. non-supervised exercise and standard care	15 studies reviewed n= 761 subjects	Supervised better than standard care; but debatable how much better than unsupervised

RCT, randomized controlled trial; COT, claudication onset time

Reference List

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7. Stewart KJ, Hiatt WR, Regensteiner JG, Hirsch AT. Exercise training for claudication. *N. Engl. J. Med.* 2002 Dec 12;347(24):1941-51.
8. Bendermacher BL, Willigendael EM, Tejjink JA, Prins MH. Supervised exercise therapy versus non-supervised exercise therapy for intermittent claudication. *Cochrane. Database. Syst. Rev.* 2006;(2):CD005263.
9. Wind J, Koelemay MJ. Exercise therapy and the additional effect of supervision on exercise therapy in patients with intermittent claudication. Systematic review of randomised controlled trials. *Eur. J. Vasc. Endovasc. Surg.* 2007 Jul;34(1):1-9.