Table G2.A7. Additional Studies Supporting Exercise Training/Physical Activity Studies in Known Disease (Sample of Six Studies) That Were Not Randomized and Controlled

Author/Journal/Year	N	Random/Control	Intervention/ Measures	Finding
Womack CJ Med Sci Sports Exerc 1997 (1)	21 Men, 5 Women	Non-randomized No Control	Walking group only 16 weeks	↑ PWT, COT, VO_2 Also, ↑ submax exercise by ↑ walking economy measured by slow VO_2 component at constant workload
Gardner AW J Gerontol A Biol Sci Med Sci 2000 (2)	63 (sex not reported)	Non-randomized No Control	Walking only 24 weeks	↑ PWT 65% ↑ COT 115% ↑ VO_2 10% ↑ Self-report activity 62% and free living walking by 31% Hyperemic LBF ↑ 27% and correlated with change in COT Walking economy improved 10% and correlated with COT + PWT
Izquierdo-Porrera AM J Vasc Surg 2000 (3)	34 (sex not reported)	Non-randomized Control	Walking vs. Control 24 weeks	↑ PWT 645% ↑ COT 106% ↑ VO_2 7%
Brendle DC Am J Cardiol 2001 (4)	17 Men, 2 Women	Non-randomized No Control	Walking group only 24 weeks	↑ PWT 43% ↑ COT 94% ↑ BAFMD 61% ↑ Maximum calf blood flow 35%
Degischer S Vasc Med 2002 (5)	38 Men, 21 Women	Non-randomized	**Groups** Supervised exercise Supervised exercise + Clopidogrel Home exercise 12 weeks	Supervised training superior to home training for COT, PWT
Killewich LA J Vasc Surg 2004 (6)	21 Men	Non-randomized Control	Walking group vs. Control 24 weeks	↑ PWT 70% ↑ COT 117% Improved fibrinolysis

BAFMD, brachial artery flow-mediated dilation; COT, claudication onset time, LBF, leg blood flow; PWT, peak walking time

Reference List

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2. Gardner AW, Katzel LI, Sorkin JD, Killewich LA, Ryan A, Flinn WR, Goldberg AP. Improved functional outcomes following exercise rehabilitation in patients with intermittent claudication. J.Gerontol.A Biol.Sci.Med.Sci. 2000 Oct;55(10):M570-M577.

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6. Killewich LA, Macko RF, Montgomery PS, Wiley LA, Gardner AW. Exercise training enhances endogenous fibrinolysis in peripheral arterial disease. J.Vasc.Surg. 2004 Oct;40(4):741-5.