Exercise fidelity and progression in a supervised exercise programme for adults with venous leg ulcers

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Exercise Fidelity and Progression in a Supervised Exercise Programme for Adults with Venous Leg Ulcers.

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Keywords: venous ulcers, aerobic exercise, intervention fidelity, exercise progression, safety
Abstract

Purpose of investigation: Despite exercise being included in the recommended advice for patients with venous leg ulcers, there is a fear shared by clinicians and patients that exercise may be either inappropriate or harmful and actually delay rather than promote healing. Therefore, before implementing a larger scale study, exploring the effects of a supervised exercise programme in patients with venous ulcers being treated with compression therapy, it is important to assess exercise safety as well as fidelity and progression in a feasibility study.

Methods: Eighteen participants randomised in the exercise group were asked to undertake 36 (3 times/week for 12 weeks), 60-minute exercise sessions, each comprising moderate-intensity aerobic, resistance and flexibility exercise components. For the purposes of this paper we analysed the data collected during the exercise sessions.

Results: The overall session attendance rate was 79%, with 13/18 participants completing all sessions. No in-session adverse events were reported. 100% aerobic components and 91% of resistance components were completed within the desired moderate-intensity target. Similarly, 81% of aerobic components and 93% of flexibility components were completed within the prescribed duration targets.

Conclusions: Our data showed that patients with venous ulcers could safely follow a supervised exercise programme incorporating moderate-intensity aerobic, resistance and flexibility components.
Acknowledgements

The FISCU study was funded by the National Institute for Health Research (NIHR) Research for Patient Benefit Programme (grant PB-PG-0213-30029). This funding source had no role in the design of this study and will not have any role during its execution, analyses and interpretation of the data. The views expressed are those of the authors and not necessarily those of the NHS, the NIHR or the Department of Health.