

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

KLONIZAKIS, Markos <<http://orcid.org/0000-0002-8864-4403>>, GUMBER, Anil <<http://orcid.org/0000-0002-8621-6966>>, MCINTOSH, Emma, KING, Brenda, MIDDLETON, Geoff, MICHAELS, Jonathan A and TEW, Garry

Available from Sheffield Hallam University Research Archive (SHURA) at:

<https://shura.shu.ac.uk/20908/>

---

This document is the Accepted Version [AM]

**Citation:**

KLONIZAKIS, Markos, GUMBER, Anil, MCINTOSH, Emma, KING, Brenda, MIDDLETON, Geoff, MICHAELS, Jonathan A and TEW, Garry (2018). Exercise fidelity and progression in a supervised exercise programme for adults with venous leg ulcers. *International Wound Journal*, 15 (5), 822-828. [Article]

---

**Copyright and re-use policy**

See <http://shura.shu.ac.uk/information.html>

Key points:

- Supervised exercise has been used successfully in many clinical populations. Nevertheless – and despite exercise being included in the clinical recommendations for people with venous ulcers (VLUs), it has never been tested in this clinical population.
- We aimed to evaluate the fidelity and exercise progression of a supervised exercise programme in patients with venous ulcers being treated with compression therapy. Eighteen people with VLUs were asked to attend 36 sessions of supervised exercise consisting of aerobic, resistance and flexibility exercises, within a space of 12 weeks.
- The overall session attendance rate was 79%, with 13/18 participants completing all 36 sessions, while no in-session adverse events were reported. The vast majority of aerobic and resistance exercise components were completed within the desired moderate-intensity targets and within the prescribed duration targets.