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## Pole Striding Exercise

### PoleStriding Exercise and Vitamin E for Management of Peripheral Vascular Disease.

#### CLINICAL SCIENCES

Medicine & Science in Sports & Exercise. 35(3):384-393, March 2003.

#### Abstract:

COLLINS, E. G., W. E. LANGBEIN, C. OREBAUGH, C. BAMMERT, K. HANSON, D. REDA, L. C. EDWARDS, and F. N. LITTOOY.

#### Purpose:

The purpose of this investigation was to evaluate the efficacy of PoleStriding exercise (a form of walking that uses muscles of the upper and lower body in a continuous movement similar to cross-country skiing) and vitamin E ([alpha]-tocopherol) to improve walking ability and perceived quality of life (QOL) of patients with claudication pain secondary to peripheral arterial disease (PAD).

Methods: Fifty-two subjects were randomized into four groups: PoleStriding with vitamin E (N = 13), PoleStriding with placebo (N = 14), vitamin E without exercise (N = 13), and placebo without exercise (N = 12). The dose of vitamin E was 400 IU daily. Only the PoleStriding with vitamin E and PoleStriding with placebo groups received PoleStriding instruction and training. Assignment to vitamin E or placebo was double blind. Subjects trained three times weekly for 30-45 min (rest time excluded). Individuals in vitamin E and placebo groups came to the laboratory biweekly for ankle blood-pressure measurements.

#### Results:

Results of this randomized clinical trial provide strong evidence that PoleStriding significantly ( $P < 0.001$ ) improved exercise tolerance on the constant work-rate and incremental treadmill tests. Ratings of perceived claudication pain were significantly less after the PoleStriding training program ( $P = 0.02$ ). In contrast, vitamin E did not have a statistically significant effect on the subjects' ratings of perceived leg pain ( $P = 0.35$ ) or treadmill walking duration ( $P = 0.36$ ). Perceived distance and walking speed (Walking Impairment Questionnaire) and perceived physical function (Rand Short Form-36) improved in the PoleStriding trained group only ( $P < 0.001$ , 0.022 and 0.003, respectively).

#### Conclusion:

PoleStriding effectively improved the exercise tolerance and perceived QOL of patients with PAD. Little additional benefit to exercise capacity was realized from vitamin E supplementation.

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