1

00:00:01,360 --> 00:00:04,760

*What is controlled gait training?*

2

00:00:05,920 --> 00:00:10,780

*One may think that gait training*

3

00:00:10,880 --> 00:00:15,660

*is a primitive, simple idea that is less important*

4

00:00:15,760 --> 00:00:19,980

*important in the treatment of vasoconstriction.*

5

00:00:20,080 --> 00:00:26,140

*No, it is one of the most important and essential among the treatments.*

6

00:00:26,240 --> 00:00:30,620

*In every recommendation, it categorized a Type 1A*

7

00:00:30,720 --> 00:00:34,060

*recommendation, which means that substantial evidence proves that doing*

8

00:00:34,160 --> 00:00:40,140

*it properly will help us. We talked earlier*

9

00:00:40,240 --> 00:00:43,180

*about how important it is to exercise regularly, but it is*

10

00:00:43,280 --> 00:00:49,180

*also important for the circulation in the lower limb.*

11

00:00:49,280 --> 00:00:53,740

*If we exercise properly, more blood flows to our legs,*

12

00:00:53,840 --> 00:00:58,140

*we can move our muscles more economically,*

13

00:00:58,240 --> 00:01:02,060

*but if there is a lack of oxygen, the body is also*

14

00:01:02,160 --> 00:01:06,940

*able to produce extra blood vessels for that region. So, if there*

15

00:01:07,040 --> 00:01:11,660

*is an obstruction somewhere, bypass blood vessels can form. We have*

16

00:01:11,760 --> 00:01:16,860

*a lot of experience in this, we can see with vascular staining that in*

17

00:01:16,960 --> 00:01:20,780

*case of the blockage of the main artery, so let's say that in the*

18

00:01:20,880 --> 00:01:26,140

*case of damage to the highway, by repairing the collateral pathways,*

19

00:01:26,240 --> 00:01:31,260

*the collateral vessels, we can significantly improve the circulation, and in some*

20

00:01:31,360 --> 00:01:35,740

*cases we can even avoid vascular surgery. What does "controlled" mean?*

21

00:01:35,840 --> 00:01:40,460

*Controlled means that with some medical help we need,*

22

00:01:40,560 --> 00:01:44,940

*to make sure that we do not have high blood pressure,*

23

00:01:45,040 --> 00:01:49,020

*heart failure or arrhythmia.*

24

00:01:49,120 --> 00:01:53,260

*So, in other words, we have to look at*

25

00:01:53,360 --> 00:01:57,660

*the health of the patient, and provide the most appropriate*

26

00:01:57,760 --> 00:02:01,980

*treatment for them on an individual basis.*

27

00:02:02,080 --> 00:02:05,180

*The current recommendations say we should do this walking exercise*

28

00:02:05,280 --> 00:02:08,940

*at least three times a week for thirty to forty-five minutes,*

29

00:02:09,040 --> 00:02:13,580

*which is basically to walk quite intensively, close to the level where*

30

00:02:13,680 --> 00:02:19,020

*your leg would start to hurt.* *The current*

31

00:02:19,120 --> 00:02:23,500

*recommendations say we should do this walking exercise at least*

32

00:02:23,600 --> 00:02:27,900

*three times a week for thirty to forty-five minutes,*

33

00:02:28,000 --> 00:02:31,820

*which is basically to walk quite intensively, close to the level where*

34

00:02:31,920 --> 00:02:38,700

*your leg would start to hurt.* *And then*

35

00:02:38,800 --> 00:02:43,580

*our circulation senses that we need more oxygen here,*

36

00:02:43,680 --> 00:02:47,680

*so, we have a chance to strengthen our collateral vessels.*