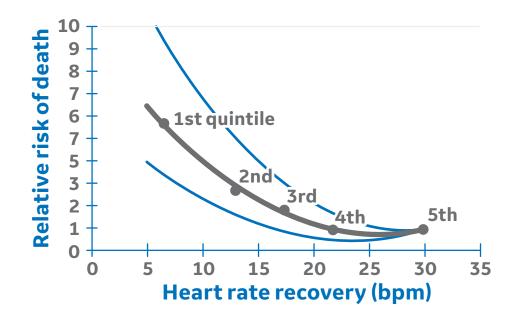
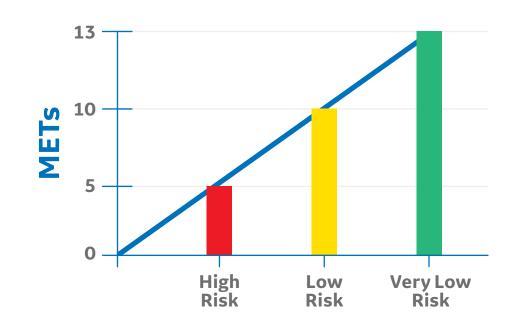
## Exercise Test as a Prognostic Tool



HRR (Heart Rate Recovery)



**METS** (Metabolic equivalents of task)



## Modified Mason-Likar Electrode Placement

AHA Label IEC Label Electrode Location

**Exercise Test Responses** 

**EXERCISE TEST INTERPRETATION** 

**FACTORS TO CONSIDER** 

<b>V1</b> (red)	<b>C1</b> (red)	Fourth intercostal space at the right sternal border.			RISK	
V2 (yellow)	C2 (yellow)	Fourth intercostal space at the left sternal border.	RA	AS	SESSMEN	Τ
<b>V3</b> (green)	C3 (green)	Midway between locations V2and V4 (C2 & C4).			HRR	METs
<b>V4</b> (blue)	C4 (brown)	Mid-clavicular line in the fifth intercostal space.	V1 V2 V3	ST slope/level	METs TWA	HRR RPP
<b>V5</b> (orange)	C5 (black)	Anterior axillary line on the same horizontal level as V4 (C4).	V4 V5 V6	ST/HR index	Duke	Chronotropic
<b>V6</b> (purple)	<b>C6</b> (purple)	Mid-axillary line on the same horizontal level as V4 and V5(C4 & C5).		ST/HR Hysteresis	FVEr	responses
<b>LA</b> (black)	L (yellow)	Just below the clavicle of the left arm.	RL S S LL	ST	F	UNCTIONA
RA (white) LL (red) RL (green)	<b>R</b> (red) <b>F</b> (green) <b>N</b> (black)	Just below the clavicle of the right arm. Lower left abdominal quadrant. Lower right abdominal quadrant.		MEASUREMENT		ASUREMEN
<b>RL</b> (green)	N (black)	Lower right abdominal quadrant.				

## **Exercise Testing Protocols**

FUNCTIONAL CLASS		NICAI ATUS		METS	BICYCLE ERGOMETER	TREADMILL PROTOCOLS					METS	
	ΊTΥ				1 WATT = 6.1 Kpm / min	BRU MOD 3 min 9 MPH	IFIED Stages %GR	3 min MPH	UCE Stages %GR	NAUG	HTON	
	ΑCΤΙVITY					6.0	22	6.0	22			
						5.5	20	5.5	20			
	ON AGE,				FOR 70 KG	5.0	18	5.0	18			
NORMAL	Ó			16	BODY WEIGHT Kpm / min							16
AND	EN			15	-							15
	END I			14 13	1500	4.2	16	4.2	16			14 13
	HEALTHY, DEPENDENT LTHY			12	1350							12
	H≺, I			11	1200	1						11
	ALTI	≥		10	1050	- 3.4	14	3.4	14	•	Stages	10
	H H			9		-				MPH	%GR	9
	HEA			8	900	-				2	17.5	8
	RV			7	750	2.5	12	2.5	12	2	14.0	7
	NTA	SEDENTARY HEALTHY LIMITED		6	600					2	10.5	6
	DE		ATIC	5	450	1.7	10	1.7	10	2	7.0	5
	S	Σ	ΜΟ	4	300			1.1	10	2	3.5	4
			/MPT	3	150	1.7	5			2	0	3
			SYN	2		1.7	0			1	0	2
IV				1							-	1

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This poster is intended to assist healthcare professionals and compliment text study and/or classroom instruction. There are many variables to consider in any clinical situation therefore, we believe that interpretations should be left to experienced clinicians.

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