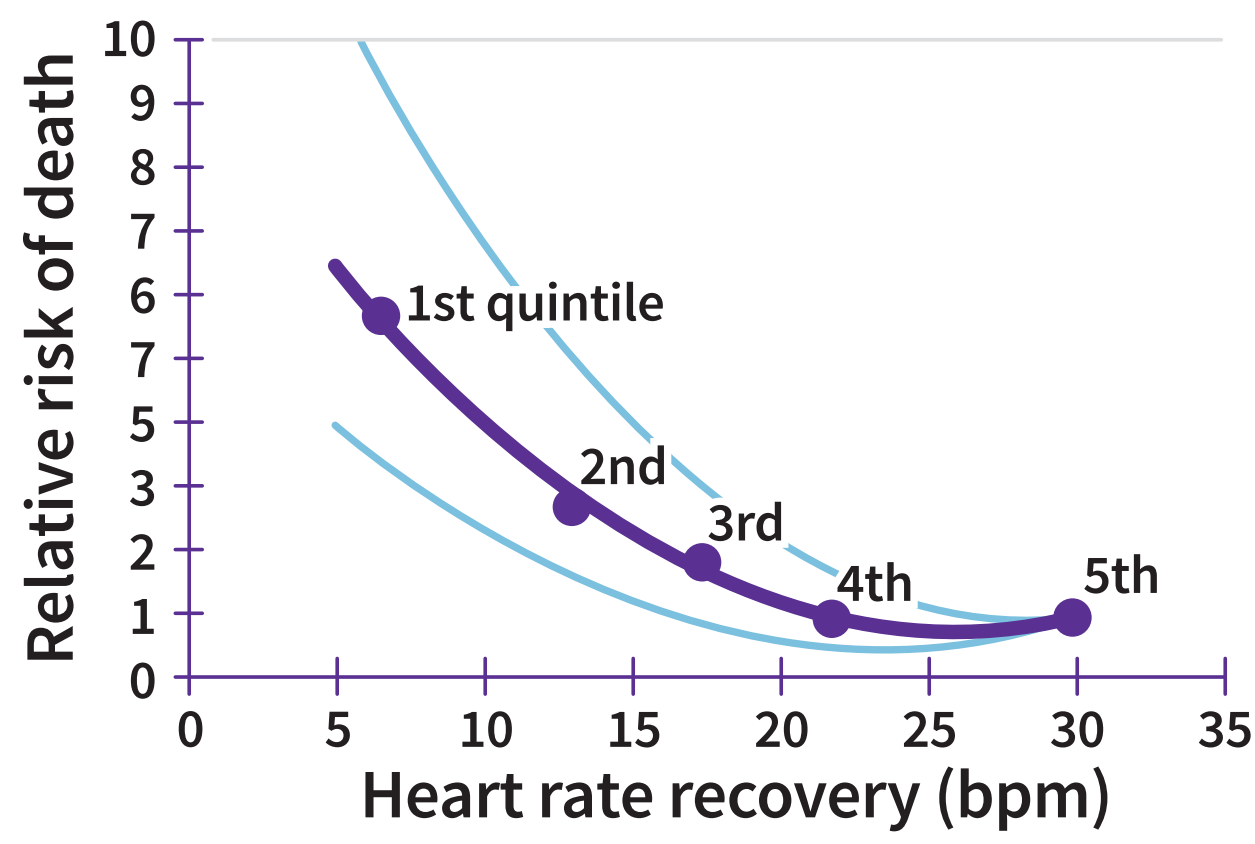
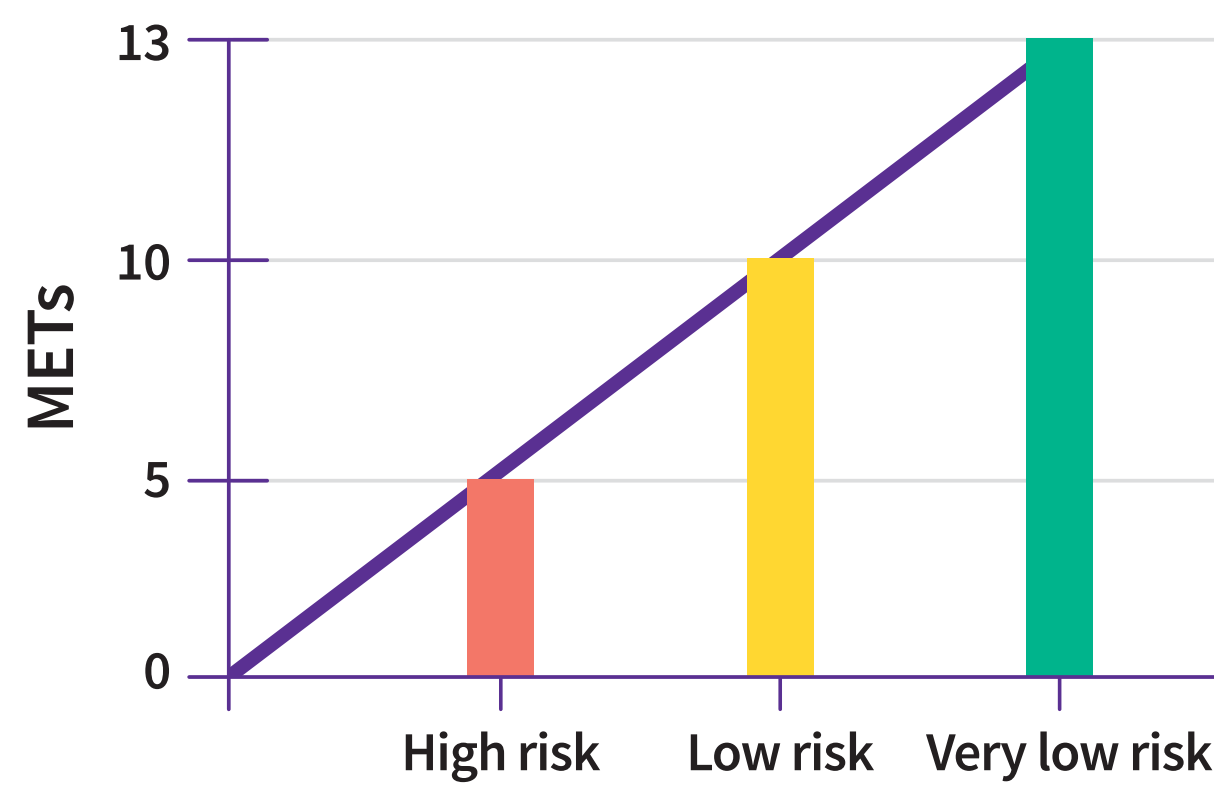


# Exercise test as a prognostic tool

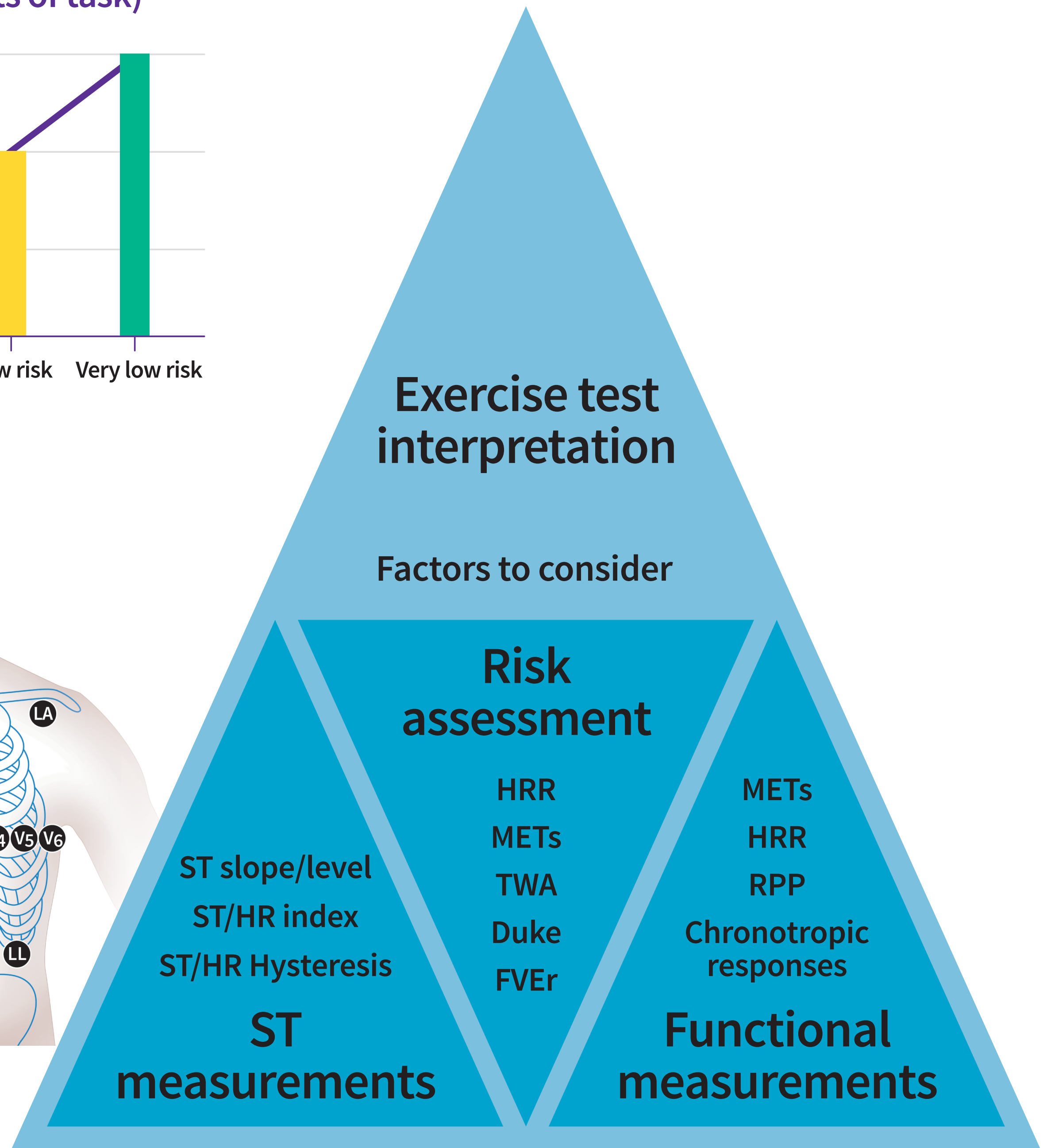
## HRR (Heart Rate Recovery)



## METs (Metabolic equivalents of task)

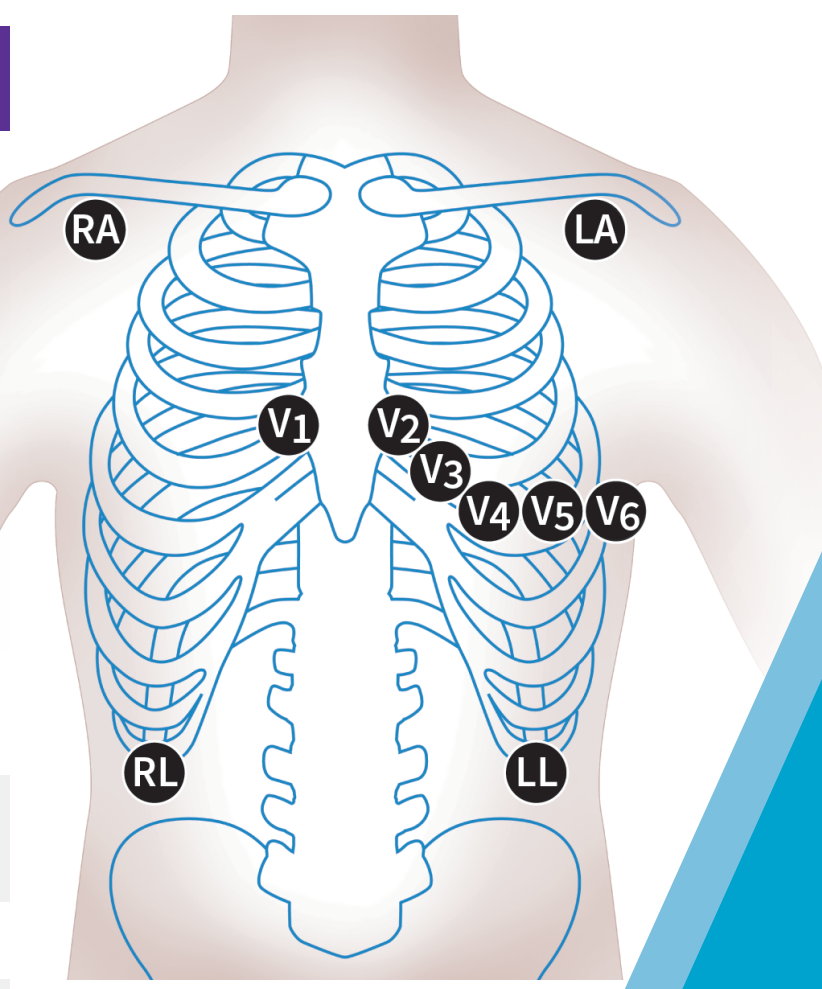


## Exercise test responses



## Modified Mason-Likar electrode placement

AHA label	IEC label	Electrode location
V1 (red)	C1 (red)	Fourth intercostal space at the right sternal border.
V2 (yellow)	C2 (yellow)	Fourth intercostal space at the left sternal border.
V3 (green)	C3 (green)	Midway between locations V2 and V4 (C2 & C4).
V4 (blue)	C4 (brown)	Mid-clavicular line in the fifth intercostal space.
V5 (orange)	C5 (black)	Anterior axillary line on the same horizontal level as V4 (C4).
V6 (purple)	C6 (purple)	Mid-axillary line on the same horizontal level as V4 and V5 (C4 & C5).
LA (black)	L (yellow)	Just below the clavicle of the left arm.
RA (white)	R (red)	Just below the clavicle of the right arm.
LL (red)	F (green)	Lower left abdominal quadrant.
RL (green)	N (black)	Lower right abdominal quadrant.



## Exercise testing protocols

Functional class	Clinical status	Mets	Bicycle ergometer	Treadmill protocols				Mets	
Normal and I	Healthy, dependent on age, activity	16	1 WATT = 6.1 Kpm / min	Bruce modified 3 min stages		Bruce 3 min stages		Naughton	
			For 70 kg body weight Kpm / min	MPH	%GR	MPH	%GR		
				6.0	22	6.0	22		
				5.5	20	5.5	20		
				5.0	18	5.0	18		
				4.2	16	4.2	16		
				3.4	14	3.4	14		
				2.5	12	2.5	12		
				1.7	10	1.7	10		
				1.7	5	2	17.5		2 min stages
1.7	0	2		14.0	MPH %GR				
II	Sedentary healthy	10	1500	2	10.5	2	7.0		
			1350					2	3.5
			1200						
III	Limited	6	1050	2	0	1	0		
			900						
			750						
IV	Symptomatic	1	600	1	0	1	0		
			450						
			300						