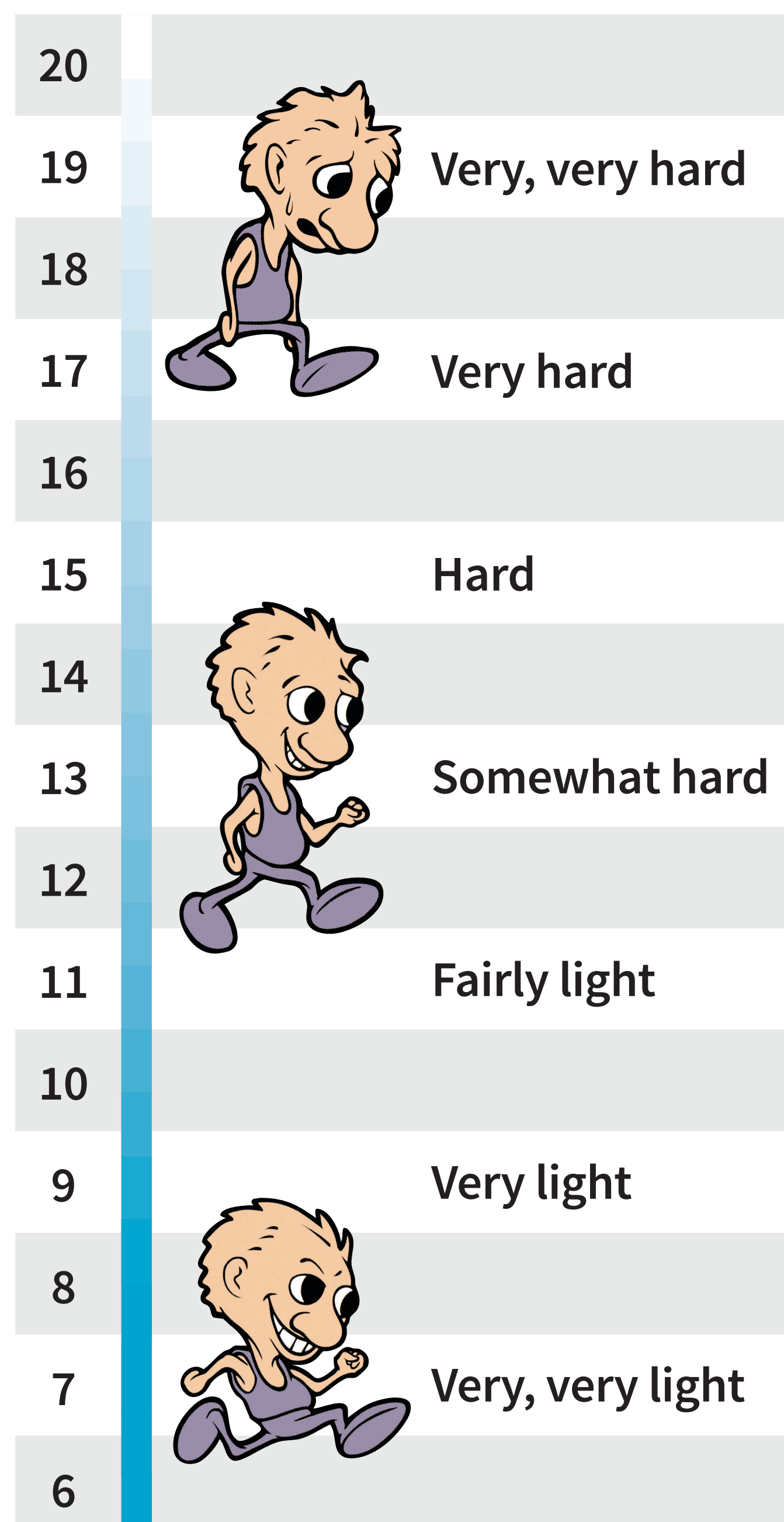


Fast facts for exercise testing

Rate of perceived exertion



Electrode troubleshooting

I	II	III	Electrode to check
Artifact is present	Artifact is present	Artifact free	Check RA lead for problems
Artifact free	Artifact is present	Artifact is present	Check LL lead for problems
Artifact is present	Artifact free	Artifact is present	Check LA lead for problems
Precordial leads if artifact is present in lead V ₁ through V ₆			Check the appropriate V lead for problems

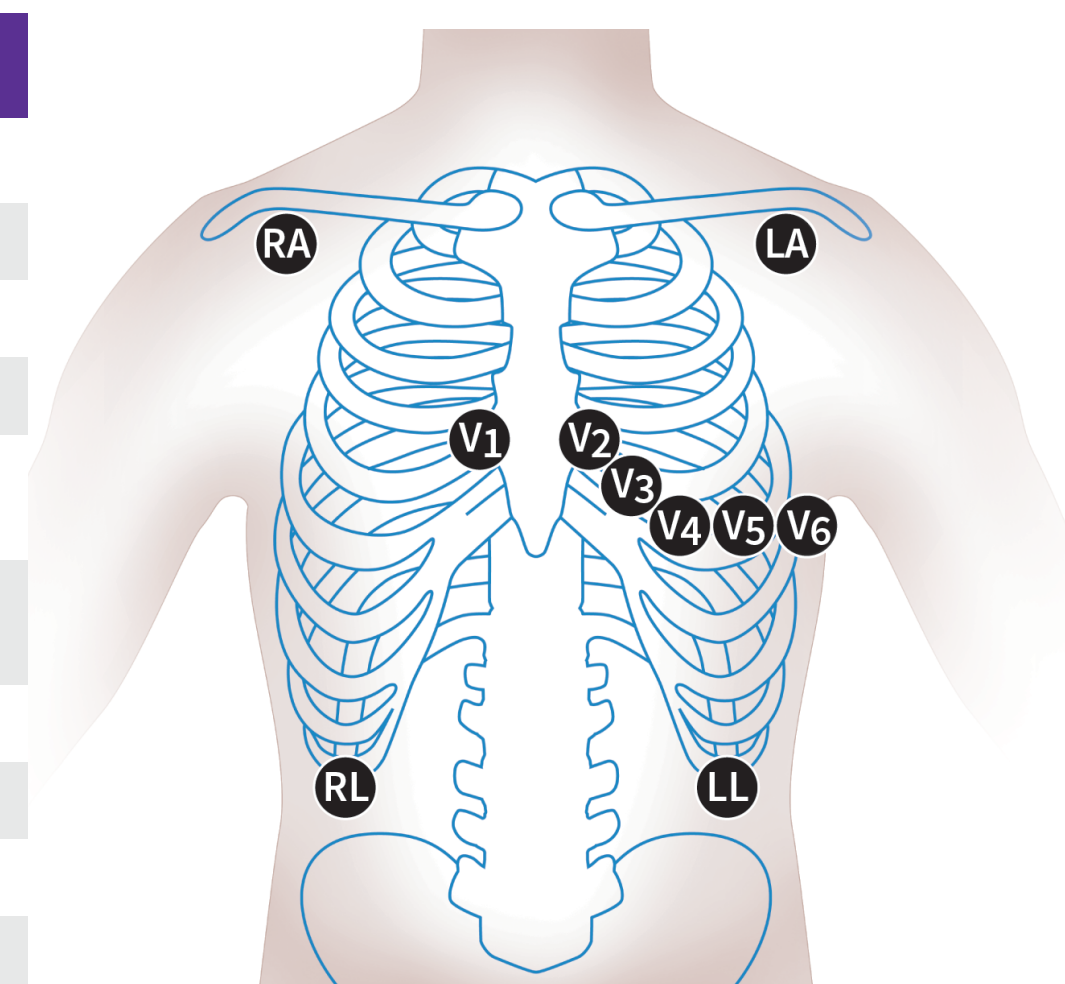
Distance traveled in miles in stages

End of stage	1	2	3	4	5	6	7
Bruce	.08	.20	.32	.48	.69	.83	1.10
Modified Bruce	.08	.16	.28	.44	.65	.89	1.16
Naughton	.03	.09	.12	.18	.24	.30	.36

Bruce & Modified Bruce are 3-Minute Stages. Naughton is 2-Minute Stages

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							
				MPH	%GR	MPH	%GR								
				6.0	22	6.0	22								
				5.5	20	5.5	20								
				5.0	18	5.0	18								
				For 70 kg body weight Kpm / min	16	1500	Bruce modified 3 min stages		Bruce 3 min stages		Naughton				
							MPH		%GR	MPH		%GR			
							4.2		16	4.2		16			
							3.4		14	3.4		14			
							2.5		12	2.5		12			
Sedentary healthy	10	1050	Bruce modified 3 min stages				Bruce 3 min stages		2 min stages						
			MPH				%GR	MPH		%GR					
			2				17.5	2		17.5					
			2				14.0	2		14.0					
			Limited				9	900		Bruce modified 3 min stages		Bruce 3 min stages		2 min stages	
				MPH	%GR	MPH				%GR					
				2	10.5	2				10.5					
				2	7.0	2				7.0					
				Symptomatic	8	750				Bruce modified 3 min stages		Bruce 3 min stages			2 min stages
										MPH	%GR	MPH	%GR		
2	3.5	2							3.5						
2	0	2							0						
Symptomatic	7	600							Bruce modified 3 min stages		Bruce 3 min stages		2 min stages		
									MPH	%GR	MPH	%GR			
			1.7				10	1.7	10						
			1.7				5	1.7	5						
			Symptomatic				6	450	Bruce modified 3 min stages		Bruce 3 min stages			2 min stages	
									MPH	%GR	MPH	%GR			
				1.7	5	1.7			5						
				1.7	0	1.7			0						
				Symptomatic	5	300			Bruce modified 3 min stages		Bruce 3 min stages				2 min stages
									MPH	%GR	MPH	%GR			
1.7	0	1.7							0						
1.7	0	1.7							0						
Symptomatic	4	150							Bruce modified 3 min stages		Bruce 3 min stages		2 min stages		
									MPH	%GR	MPH	%GR			
			1.7				0	1.7	0						
			1.7				0	1.7	0						
			Symptomatic				3	150	Bruce modified 3 min stages		Bruce 3 min stages			2 min stages	
									MPH	%GR	MPH	%GR			
				1.7	0	1.7			0						
				1.7	0	1.7			0						
				Symptomatic	2	150			Bruce modified 3 min stages		Bruce 3 min stages				2 min stages
									MPH	%GR	MPH	%GR			
1.7	0	1.7							0						
1.7	0	1.7							0						
Symptomatic	1	150							Bruce modified 3 min stages		Bruce 3 min stages		2 min stages		
									MPH	%GR	MPH	%GR			
			1.7				0	1.7	0						
			1.7				0	1.7	0						