



PREMIERE
MEDICAL & CARDIOVASCULAR LABORATORY

TREADMILL EXERCISE TEST REPORT
BRUCE Protocol

Name: **ARENAS, CHRISTIAN JOY G.**

Age: 24

Sex: MALE

Date: March 01, 2019

Diagnosis:

Ht(cm): 175

Wt (Kgs): 72.8

Referring Physician: DR. MARLOU MENDOZA

Medications:

MONITORED LEADS: I, II, III, aVR, aVL, aVF, V1, V2, V3, V4, V5, V6

Three minute of walking of each indicated stage of exercise

		SPEED	GRADE	OXYGEN	WORKLOADS	FUNCTIONAL	BP	HR
		(mph)	(%)	CONSUMPTION	(METS)	CLASS		
				(ml O2/kg min)				
Control supine							120/80	74
Control standing							120/80	78
	1	1.7	10.0	16.3	4.0	II	120/80	134
	2	2.5	12.0	24.7	7.0	I	130/80	157
	3	3.4	14.0	35.6	10.0		140/80	181
	4	4.2	16.0	47.2	13.0			
	5	5.0	18.0	60.3	17.0			
	6	5.5	20.0	71.3	21.0			

RECOVERY PERIOD

	Immediately after	1 min	2 min	3 min	5 min	8 min	11 min
BP			140/80	140/80	120/80	120/80	120/80
HR	173	137	126	121	113	107	108

TREADMILL EXERCISE TEST

BASELINE ECG: Normal

EXERCISE CAPACITY, BLOOD PRESSURE and HEART RATE:

Maximum workload : 10.0 METS

Peak SBP : 140 mmHg

Peak Heart rate : 181 beats/min (92% MPPHR)

Total exercise duration : 7 mins. 40 secs.

REASON FOR TERMINATION OF EXERCISE TEST: Gen. leg fatigue

RESPONSE TO EXERCISE : No significant ST-T wave shift noted during exercise and recovery

INTERPRETATION : Normal Stress Test at 10.0 METS.

Blood pressure response : Normal

Heart Rate Response : Normal

Cardiovascular Fitness : Average

Original Signed

ANA BEATRIZ MEDRANO, MD
CARDIOLOGIST