



Submaximal Exercise Testing in Cardiovascular Rehabilitation Settings (BEST Study)

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Background: This study compared changes in measured versus predicted peak aerobic power ($\dot{V}O_{2peak}$) following cardiovascular rehabilitation (CR). Peak cardiopulmonary exercise testing (CPET) results were compared to four $\dot{V}O_{2peak}$ estimation methods: the submaximal modified Bruce treadmill, Astrand-Ryhming cycle ergometer, and Chester step tests, and the Duke Activity Status Index (DASI).

Methods: Adults with cardiovascular disease (CVD) who completed a 12-week CR program were assessed at baseline and 12 weeks follow-up. CPET, the DASI and three subsequent submaximal exercise tests were performed in a random order.

Results: Of the 50 adults (age: 57 ± 11 years) who participated, 46 completed the 12-week CR program and exercise tests. At baseline 69, 68, and 38% of the treadmill, step and cycle tests were successfully completed, respectively. At follow-up 67, 80, and 46% of the treadmill, step and cycle tests were successfully completed, respectively. No severe adverse events occurred. Significant improvements in $\dot{V}O_{2peak}$ were observed with CPET ($3.6 \pm 5.5 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$, $p < 0.001$) and the DASI ($2.3 \pm 4.2 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$, $p < 0.001$). Bland-Altman plots of the change in $\dot{V}O_{2peak}$ between CPET and the four $\dot{V}O_{2peak}$ estimation methods revealed the following: a proportional bias and heteroscedastic 95% limits of agreement (95% LoA) for the treadmill test, and for the cycle and step tests and DASI, mean bias' and 95% LoA of $1.0 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (21.3, -19.3), $1.4 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (15.0, -12.3) and $1.0 \text{ mL}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$ (13.8, -11.8), respectively.

Conclusion: Given the greater number of successful tests, no serious adverse events and acceptable mean bias, the step test appears to be a valid and safe method for assessing group-level mean changes in $\dot{V}O_{2peak}$ among patients in CR. The DASI also appears to be a valid and practical questionnaire. Wide limits of agreement, however, limit their use to predict individual-level changes.

Keywords: exercise test, cardiovascular diseases, rehabilitation, physiology, submaximal

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Submaximal Exercise Volume10

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Epidemiologic Methods in Physical Activity Studies I-Min Lee, 2009 This book provides information regarding epidemiologic methods used in studies of physical activity It is intended for use by students and researchers in physical activity and in public health and by researchers and professionals using physical activity data e g exercise physiologists and health economists Additionally those interested in physical activity and health who want to understand and appropriately interpret the results of physical activity studies e g physicians and journalists may also find the book useful **BOOK JACKET**

ASPC Manual of Preventive Cardiology Ezra A. Amsterdam, Nathan Wong, Ezra Amsterdam, MD, Roger Blumenthal, MD, FACC, FAHA, 2014-10-23 Endorsed by the American Society for Preventive Cardiology this highly practical resource focuses on the application of current guidelines and practice standards in the clinical management of cardiovascular risk factors The Manual presents concise descriptions of each major cardiovascular risk factor and practical to the point discussions of current best practices in clinical management In addition the Manual includes chapters on peripheral arterial disease stroke smoking contemporary cardiovascular imaging heart failure metabolic syndrome thrombosis nutrition special populations novel risk factors and psychosocial stress Throughout the Manual recommendations are based on the most recent prevention guidelines of the American College of Cardiology and American Heart Association including those on Risk Assessment Lifestyle Recommendations Blood Cholesterol and Obesity as well as the new guidelines on Hypertension Chapter authors are recognized leaders in each area of practice and special efforts have been made by the authors and editors to ensure that the content of all chapters is as up to date as possible **Key Features** Presents a highly practical focus on the application of current guidelines and practice standards regarding cardiovascular risk factors Recommendations based on the most recent prevention guidelines Authored by recognized leaders in the field Covers all major cardiovascular risk factors key methodologies in risk assessment and special issues regarding specific patient populations *Strength and Conditioning* Marco Cardinale, Robert Newton, Kazunori Nosaka, 2011-06-24 I recommend that you read and use the information in this book to provide your athletes with the best chances of performing at their best from the foreword by Sir Clive Woodward Olympic Performance Director British Olympic Association This book provides the latest scientific and practical information in the field of strength and conditioning The text is presented in four sections the first of which covers the biological aspects of the subject laying the foundation for a better understanding of the second on the biological responses to strength and conditioning programs Section three deals with the most effective monitoring strategies for evaluating a training program and establishing guidelines for writing a successful strength and conditioning program The final section examines the role of strength and conditioning as a rehabilitation tool and as applied to those with disabilities This book is an invaluable textbook and reference both for academic programs and for the continuing education of sports professionals Integrates the latest research on physiological anatomical and biomechanical aspects of strength and

conditioning Offers numerous practical examples of applications Provides guidelines for writing and monitoring effective strength training programs **Rehabilitation of Sports Injuries** Walter R. Frontera,2008-04-15 Rehabilitation is by definition the restoration of optimal form and function for an athlete In this edition in the Encyclopedia series the editor and contributors advocate that rehabilitation should begin as soon as possible after the injury occurs alongside therapeutic measures such as anti inflammatories and other pain killing agents This might also begin before or immediately after surgery The rehabilitative process is therefore managed by a multi disciplinary team including physicians physiotherapists psychologists nutritionists and athletic trainers amongst others This book considers the three phases of rehabilitation pain relief protection of the affected area and limitation of tissue damage limitation of impairment and recovery of flexibility strength endurance balance and coordination and finally the start of conditioning to return to training and competition

Fitness Trainer Essentials For the Personal Trainer 4e Tony Attridge,Martin Felice,Kirsten Fagan,2023-12-01 Fitness Trainer Essentials 4e has been written for students undertaking the SIS40221 Certificate IV in Fitness qualification studying to become personal fitness trainers The text contains all core and popular elective units to support a range of fitness specialisations Fitness Trainer Essentials 4e provides the knowledge to support students to be able to develop instruct and evaluate personalised exercise programs for generally healthy and low risk clients and to achieve specific fitness goals With new and improved images charts and diagrams this new edition is the most comprehensive text reflecting current industry standards and practices As with the previous edition Fitness Trainer Essentials 4e assumes that the reader has acquired the Certificate III in Fitness qualification and therefore the Fitness Trainer Essentials 4e is used as an advancement on the Certificate III in Fitness qualification **Diastology E-Book** Allan L. Klein,Mario J. Garcia,2008-05-07 This reference thoroughly equips you to successfully diagnose and manage even the most complex incidences of diastolic heart failure and their comorbidities It examines the basic mechanisms of this condition through discussions of both cellular and anatomic causes guides you through non invasive techniques for diagnosis including echocardiography cardiac CT and MRI and provides expert advice on pharmacologic management Covers the basic mechanisms of diastolic heart problems from both cellular and anatomic perspectives Chapters covering modalities helpful in assessment of diastolic function such as echocardiography cardiac MRI radionuclide ventriculography and invasive hemodynamic measurements Features in depth assessments of all diagnostic methods for diastolic heart failure including rationales for their use Examines contributing conditions that play a role in diastolic heart failure and offers guidance on their management Offers pharmacologic strategies for multiple problem management **ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription** David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition

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Cardiovascular Adjustments and Adaptations to Exercise: From the Athlete to the Patient Antonio Crisafulli, Massimo Piepoli, Dick H.J. Thijssen, Pier Paolo Bassareo, 2020-04-02

Exercise and Sport Science William E. Garrett, Donald T. Kirkendall, 2000 Written by experts in exercise physiology exercise science and biomechanics this volume focuses specifically on exercise science in relation to athletic performance and to the diagnosis management and prevention of athletic injuries The text is logically organized into sections on energy metabolism exercise physiology organ system responses to exercise general concerns in applied exercise science sports biomechanics and applied sports physiology The biomechanics and sports physiology sections focus on particular sports to determine specific diagnosis and treatment aspects The book also includes chapters on exercise in children and the elderly environmental influences on physical performance overtraining chronobiology and microgravity

Clinical Exercise Testing Idelle M. Weisman, R. Jorge Zeballos, 2002-01-01 In the last several years Clinical Exercise Testing has become an increasingly important tool for patient evaluation in clinical medicine due to a growing awareness of the limitations of traditional resting cardiopulmonary measurements Emphasizing scientific and technological advances and focusing on clinical applications for patient diagnosis and management this volume provides a comprehensive interdisciplinary review of clinical exercise testing concentrating on Cardiopulmonary Exercise Testing CPET 25 reader friendly chapters discuss important topics including the physiologic responses to exercise in normal subjects in the aged and in various disease states the set up of an exercise lab the methodology and protocols used for clinical exercise testing and an integrative approach to the interpretation of CPET results CPET in heart failure deconditioning COPD ILD pulmonary vascular disease neuromuscular disease and asthma is thoroughly discussed Clinical applications including pulmonary and cardiac rehabilitation heart and lung transplantation evaluation unexplained exertional dyspnea assessment evaluation for lung resection and lung volume reduction surgery and impairment disability evaluation are also covered in detail Additional chapters on clinical exercise testing in children during pregnancy and the postpartum and in other systemic disorders complete this extensive publication Written by well respected experts this volume will be a valuable resource for a wide audience including pulmonologists cardiologists pediatricians exercise physiologists rehabilitation specialists nurse clinician specialists and respiratory therapists

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