

CASE STUDY

◆ *Exercise test performed on an untrained patient:*

A cyclo-ergometric test has been performed on a 65-year old Lady, moderately overweight and suffering from long lasting hypertension. She complains about inability to perform significant exercise.

The patient has performed 94% of max. heart rate but at 80 watts only.

Stroke volume trend is as expected for this untrained patient, who has a quick initial response followed by a stabilization, which is the normal pattern for untrained people.

