

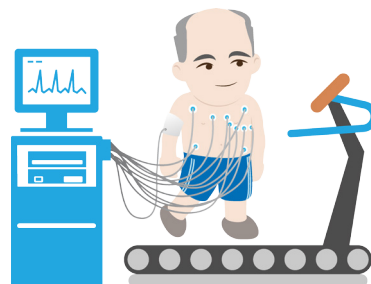
Before you begin

UNDERSTANDING THE TREADMILL STRESS TEST

Most patients should be tested on the treadmill because many patients will not be able to achieve as much stress on the heart using the cycle ergometer due to local muscular fatigue.

Treadmill stress test protocols

- Most cardiac patients are not able to run, so we use large hills to get sufficient stress at slow speeds. Something like the **Bruce protocol** is therefore a good option for many patients.
- A sub-group of cardiac patients are in such poor shape that they will be at, or close to, maximal effort in the first stage of the Bruce Protocol. For those patients an easier protocol, such as the **Naughton protocol**, is a much better option.



8–12 minutes

If the right protocol is used, the test should last 8–12 minutes: long enough to allow for some “warm-up”, reduce false positives, and allow evaluation of

physiological responses such as blood pressure and HR, but short enough to not cause fatigue before maximal effort is reached.