

What is Treadmill Test?

- Treadmill test is also called a stress test, exercise electrocardiogram, graded exercise test, or stress ECG. It is used to provide information about how the heart responds to exertion. It usually involves walking on a treadmill at increasing levels of difficulty, while electrocardiogram, heart rate, and blood pressure are monitored.



Protocols

Modified BRUCE Protocol

- 2 3-min warm-up stages at 1.7mph and 0% grade and 1.7mph and 5% grade
- For older individuals or those with exercise capacity is limited by cardiac disease

Naughton and Weber protocols

- 1 2-min stages with 1 MET increments between stages
- More suitable for patients with limited exercise tolerance

11.7 Modified Bruce Protocol

- Most commonly used for older patients and patients with cardiac disease.
- 3-minute stages
- Speed starts at 1.7 mph
- Grade starts at 0%
- Grade increases with each stage.
- Speed increases beginning at fourth stage.

Modified Bruce Protocol GXT

<u>Stage</u>	<u>Speed</u>	<u>Grade</u>	<u>Dur.</u>
I	1.7 mph	0 %	3 min
II	1.7 mph	5 %	3 min
III	1.7 mph	10 %	3 min
IV	2.5 mph	12 %	3 min
V	3.4 mph	14 %	3 min
VI	4.2 mph	16 %	3 min
VII	5.0 mph	18 %	3 min