

CASE STUDY

◆ *Exercise test on an athlete:*

A treadmill exercise test was performed on that 26-year old runner (his best performance is 14'50 on 5000 m.). The treadmill was set to 3% slope to simulate air resistance to the run.

His heart rate has reached 100% of the max value at 22 km/h and his maximal cardiac output was 32.4 l/min.

The treadmill is normally not indicated for the PhysioFlow. But in this case, and in spite of a short measurement averaging time of 5 seconds, the hemodynamic trends are stable and linear up to the maximum speed.

NB: an emergency stop training test was performed at 20 minutes resulting in an instant drop in cardiac output.

