



CONTRAINDICATIONS TO EXERCISE THERAPY

Relative contraindications to exercise testing and training include:

- Hypotension <90/ <60mmHg
- Hypertension >140/ >90mmHg
- Hypoglycemia <3.9mmol/L, or <70mg/dL & 24hrs after an episode
- Hyperglycemia >10mmol/L, or >180mg/dL
- Pulmonary arterial hypertension (PAH) SBP >200, DBP >100
- Left main coronary stenosis
- Moderate stenotic valvular heart disease
- Electrolyte abnormalities
- Hypertrophic cardiomyopathy & other forms of outflow tract obstruction
- Mental or physical impairment leading to inability to exercise adequately
- High-degree atrioventricular block

Absolute contraindications are:

- Acute myocardial infarction
- Unstable angina not previously stabilized by medical therapy
- Uncontrolled cardiac arrhythmias causing symptoms or hemodynamic response
- Symptomatic severe aortic stenosis
- Uncontrolled symptomatic heart failure
- Acute pulmonary embolism or pulmonary infarction
- Acute myocarditis or pericarditis
- Acute aortic dissection

Depending on the patient's illness or injury complex, and co-morbidities, additional restrictions and/or contraindications to exercise therapy may apply.