

The Division of Pediatric Cardiology at Weill Cornell Medicine offers comprehensive

When performed on a treadmill, the child holds on to a bar to provide stability. The speed and incline of the treadmill increase every three minutes. When done on a bicycle, the resistance to (es).

checked at regular intervals. Using a combination of oxygen consumption, maximum heart rate and blood pressure, as well as the overall workload and endurance, child's response to exercise is analyzed.

How long is the test?

The test ends when the maximum heart rate is obtained and the patient is too tired to continue, or if any findings of concern are detected during exercise. It is important for your child to exercise as much as possible during the test for the medical team to obtain all the needed information. Depending on the age and the medical condition of the child, this is usually after 10-20 minutes of exercise.

Who will be in the room during the test?

A pediatric cardiologist and specially trained pediatric cardiac nurse are in the room at all times. The doctor and nurse will encourage your child throughout the test.

What happens after the exercise test?

After the exercise portion is completed, your child will be asked to rest during a 10 minute

During this rest period, your child's EKG recording continues to run and his/her blood pressure will continue to be monitored. Your child will be given water and time to rest.

When will we get the test results?

Preliminary results are then given to the family. Any tests relating to the lung function will be further interpreted by a pulmonary specialist. The results are then shared with the referring cardiologist, who will provide the patient and the family with further guidance.