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FAA Treadmill Stress Test Protocol

All stress testing should achieve 100 percent of predicted maximal heart rate ($220 - \text{Age}$) unless medically contraindicated or prevented by symptoms.

A symptom-limited test achieving less than 85 percent of predicted maximal heart rate is normally not considered adequate for evaluation.

Beta blockers and calcium channel blockers (spec. Diltiazem and Verapamil), or digitalis preparations should be discontinued for 48 hours prior to testing (if not contraindicated) in order to obtain maximum heart rate and only with consent of the attending cardiologist.

An applicant will be expected to demonstrate a minimum functional capacity equivalent to completion of Stage 3 of the standard Bruce ECG exercise stress test protocol and a double product (Systolic pressure x heart rate) of no less than 250×100 .

The work sheet with blood pressure/pulse recordings at various stages interpretive report, and actual electrocardiographic tracings must be submitted. Tracings must include a rhythm strip. A full 12 lead ECG recorded at rest (supine and standing) and during hyperventilation while standing, one more times during each stage of exercise, at the end of each stage, at peak exercise, and every minute during recovery for at least five minutes or until the tracings return to baseline level. The interpretive report and work sheet must be submitted.