

Contents

Preface ix

Notice and Disclaimer xi

Part I Introduction1

Chapter 1 Clinical Applicability of the Pediatric Exercise Test 3

Thomas W. Rowland

- Development of Pediatric Exercise Testing 4
- Unique Features of Exercise Testing in Children 7
- Normative Values 8
- Adjusting Values for Body Size 8
- Tyranny of “Maximal” Testing 9
- Safety of Clinical Exercise Testing 10
- Conclusion 11

Chapter 2 Conducting the Pediatric Exercise Test 13

Amy Lynne Taylor

- Pediatric Exercise Laboratory Environment and Equipment 13
- Optimizing Safety 14
- Preparing the Child for an Exercise Test 16
- Test Communication 17
- Conclusion 19

Part II Exercise Testing Methodology21

Chapter 3 Exercise Testing Protocols 23

Richard J. Sabath III, David A. White, and Kelli M. Teson

- Exercise Testing Modality 24
- Protocol Design 25
- Treadmill Protocols 26
- Cycle Ergometer Protocols 28
- Multistage Versus Ramp Protocols 32
- Six-Minute Walk Test 35
- Maximal Test Criteria 36
- Scope of Pediatric Exercise Testing 37
- Conclusion 38

	4	Normal Cardiovascular Responses to Progressive Exercise	41
		<i>Thomas W. Rowland</i>	
		Reductionist's Disclaimer	41
		Historical Context	42
		Empirical Evidence	43
		Synthesis	46
		Physiological Basis of Cardiovascular Fitness	47
		Conclusion	49
	5	Exercise Electrocardiography	51
		<i>Thomas W. Rowland</i>	
		Effects of Exercise on the Cardiac Conduction System	52
		ECG Setup and Monitoring	54
		Measuring Heart Rate	55
		Identifying Heart Block	57
		Detecting Arrhythmias	58
		Detecting Ischemia	60
		Evaluation of Prolonged QT Interval	62
		Risk Stratification With Ventricular Pre-Excitation	63
		Conclusion	63
Chapter	6	Blood Pressure Response to Dynamic Exercise	65
		<i>Bruce Alpert and Ranjit Philip</i>	
		Basic Physiology of Exercise Blood Pressure	65
		Technical Aspects of Blood Pressure Measurement	66
		Normal Blood Pressure Response to Dynamic Exercise in Healthy Children	67
		When to Terminate Exercise Testing Based on Blood Pressure Response	72
		Prognostic Value of Exercise BP Testing	72
		Special Conditions	73
		Interpretation of Results	77
		Conclusion	77
Chapter	7	Maximal Oxygen Uptake	79
		<i>Ali M. McManus and Neil Armstrong</i>	
		Physiological Responses to Aerobic Exercise	80
		Measuring Maximal Oxygen Uptake in Children	83
		Developmental Patterns in Maximal Oxygen Uptake	87
		Normal Values	91
		Conclusion	93

Chapter 8	Other Measures of Aerobic Fitness	95
	<i>Robert P. Garofano</i>	
	Peak Workload	95
	Ventilatory Anaerobic Threshold	97
	Submaximal Testing Protocols	101
	Oxygen Uptake Efficiency Slope	102
	Conclusion	104
Chapter 9	Cardiac Output Measurement Techniques	107
	<i>Darren E.R. Warburton and Shannon S.D. Bredin</i>	
	Invasive Versus Noninvasive Techniques	107
	Direct Fick Method	108
	Dye-Dilution Method	110
	Thermodilution Method	111
	Lithium Dilution Method	111
	Foreign Gas Rebreathing Techniques	112
	Doppler Echocardiography	115
	Impedance Cardiography	116
	Arterial Pulse Contour Method	117
	Conclusion	118
Chapter 10	Assessing Myocardial Function	119
	<i>Thomas W. Rowland</i>	
	Systolic Time Intervals	120
	Radionuclide Exercise Testing	120
	Pattern of Stroke Volume Response	120
	Oxygen Pulse	121
	Doppler Echocardiographic Techniques During Exercise	122
	Stress Echocardiography	124
	Conclusion	125
Chapter 11	Pulmonary Function	127
	<i>Patricia A. Nixon</i>	
	Protocols	127
	Pulmonary Function at Rest and During Exercise	127
	Asthma	136
	Cystic Fibrosis	137
	Conclusion	138

Part III Exertion-Based Applications. 139

- Chapter 12 Congenital and Acquired Heart Disease 141**
Michael G. McBride and Stephen M. Paridon
Factors Affecting Exercise Performance 141
Exercise Testing 142
Simple Two-Ventricle Defects 143
Obstructive Lesions 146
Complex Two-Ventricle Defects 148
Single-Ventricle Physiology 151
Primary Arrhythmias and Channelopathies 153
Acquired Heart Disease and Cardiomyopathies 153
Conclusion 156
- Chapter 13 Exercise-Induced Dyspnea 157**
Steven R. Boas
Differential Diagnosis 157
Evaluation 162
Exercise Testing 164
Conclusion 166
- Chapter 14 Chest Pain With Exercise 167**
Julie Brothers
Differential Diagnosis 167
Evaluation 170
Exercise Testing 172
Conclusion 173
- Chapter 15 Presyncope and Syncope With Exercise 175**
Julie Brothers
Differential Diagnosis 175
Evaluation 179
Exercise Testing 180
Conclusion 182
- Chapter 16 Exercise Fatigue 183**
Thomas W. Rowland
Differential Diagnosis 183
Evaluation 186
Exercise Testing 188
Conclusion 188

Part IV	Testing Special Populations	189
Chapter 17	Pectus Excavatum	191
	<i>Thomas W. Rowland</i>	
	Physiological Implications	191
	Surgical Results	193
	Cardiopulmonary Testing	193
	Conclusion	194
Chapter 18	Obesity	195
	<i>Laura Banks and Brian W. McCrindle</i>	
	Quantifying Childhood Obesity	195
	Physiological Adaptations	198
	Effects of Obesity on Physiologic Measures	198
	Cardiopulmonary Exercise Testing Modifications	202
	Conclusion	203
Chapter 19	Intellectual Disability	205
	<i>Bo Fernhall and Tracy Baynard</i>	
	Physiological Implications	206
	Exercise Testing	208
	Conclusion	213
Chapter 20	Neuromuscular Disease	215
	<i>Olaf Verschuren, Janke de Groot, and Tim Takken</i>	
	Cerebral Palsy	215
	Duchenne and Becker Muscular Dystrophy	216
	Conclusion	219
	References	221
	Index	263
	About the Editors	274
	About the Contributors	275