

MR ANKUSH POKWAL

TREADMILL TEST REPORT

ID : 131
 DATE : 26/03/2022
 AGE/SEX : 29 / M
 HT/WT : 170 / 70
 REF. BY : MEDIWHEEL

PROTOCOL : Bruce
 HISTORY : Checkup/Physical fitness,
 INDICATION : CARDIAC EVALUATION FOR INSURANCE
 MEDICATION : NONE

PHASE	TOTAL TIME	STAGE TIME	SPEED Km/Hr	GRADE %	H.R., bpm	B.P. mmHg	RPP x100	ST LEVEL (MM)			METS
								II	V1	V5	
SUPINE					116	130 / 80	150	2.4	0.7	1	4.67
STANDING					111	130 / 80	144	1.7	0.4	1.8	7.04
HYPERVENT					98	130 / 80	127	1.7	0.1	1.5	
VALSALVA					95	130 / 80	123	1.8	0.1	1.6	
Stage 1	2:55	2:55	2.7	10	123	140 / 90	172	2.2	-0.1	2.1	
Stage 2	5:55	2:55	4	12	144	150 / 100	216	2.6	-0.3	2.5	
PK-EXERCISE	7:31	1:31	5.4	14	166	150 / 100	249	4.1	-0.8	4.1	
RECOVERY	8:34	0:55			118	160 / 110	188	4.5	-0.1	4	
RECOVERY	9:35	1:56			106	150 / 100	159	3.2	-0.2	1.9	
RECOVERY	10:34	2:55			96	140 / 90	134	2.5	0.1	1.6	

RESULTS

EXERCISE DURATION : 7:31
 MAX HEART RATE : 166 bpm
 MAX BLOOD PRESSURE : 160 / 110 mm Hg
 REASON OF TERMINATION : Achieved THR,
 BP RESPONSE : Normal,
 ARRHYTHMIA : None,
 H.R. RESPONSE : Normal Chronotropic Response,

MAX WORK LOAD : 8.57 METS

IMPRESSIONS
 Good effort tolerance
 No angina, No arrhythmia,
 Normal HR, BP response
 No significant ST changes noted during Test as compared to baseline ECG,
 Stress test negative for inducible ischemia, ,

HEALTHCARE
 Medical Centre And Diagnostics
 V/O Awerkar Brothers Nagar,
 Borivali (West) Mumbai-400 099
 Tel : 2986595

Technician : 1

Dr. NUPUR RAI
 MBBS, DIPLOMA CARDIOLOGY (PGCC),
 Reg. No. 2018175643 (MD)

MR ANKUSH FORNAL
I.D. 131
Age 29/M
Date 26/03/2022

RATE 116bpm
B.P. 130/80

HEALTHCARE BORIVALLI

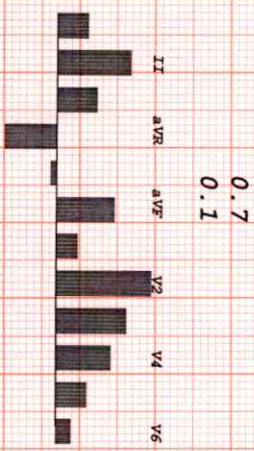
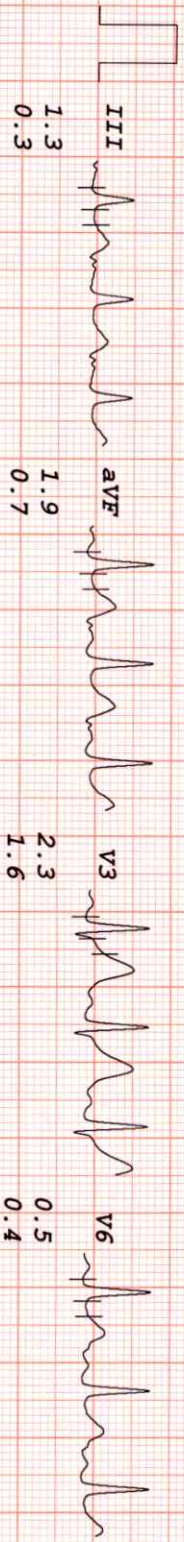
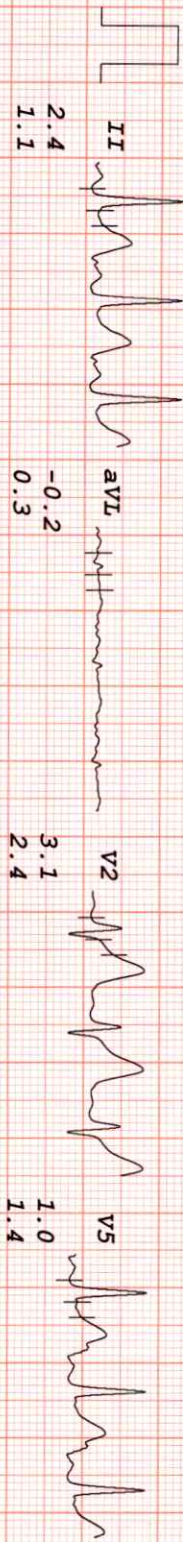
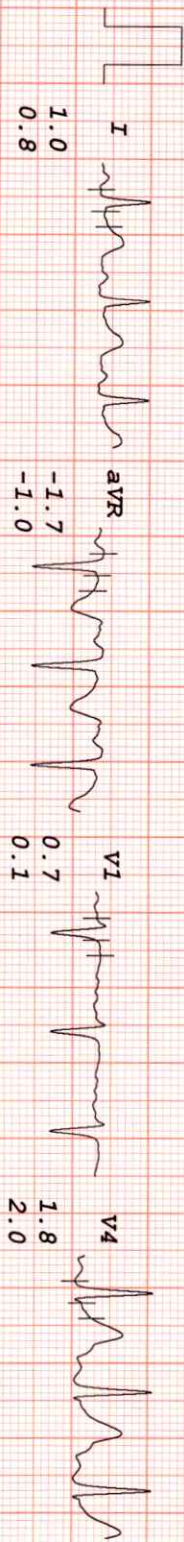
PRETEST
SUPINE

ST @ 10mm/mV
80ms PostJ

LINKED MEDIAN

Mag. X 2

V1



Signature

MR ANKUSH PORWAL
I.D. 131
Age 29/M
Date 26/03/2022

RATE 111bpm
B.P. 130/80

HEALTHCARE BORIVALLI

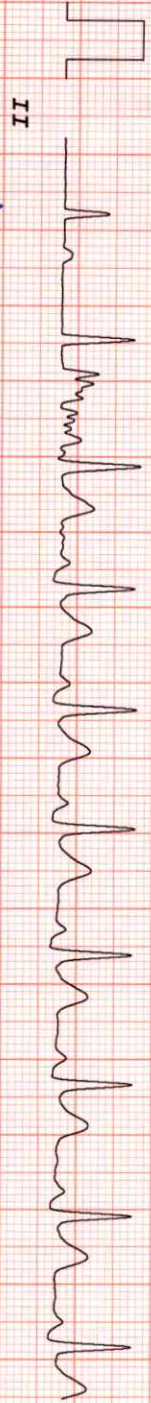
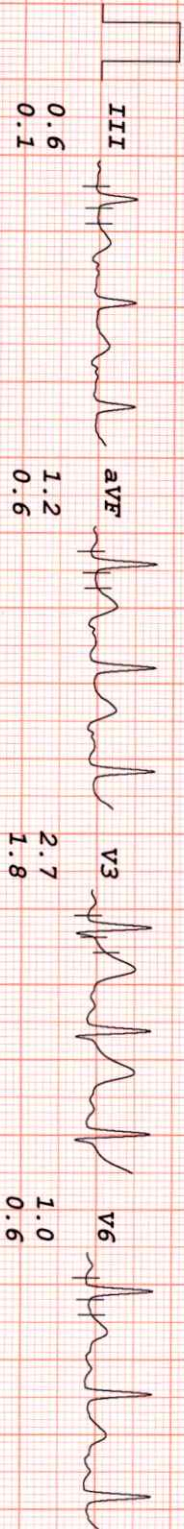
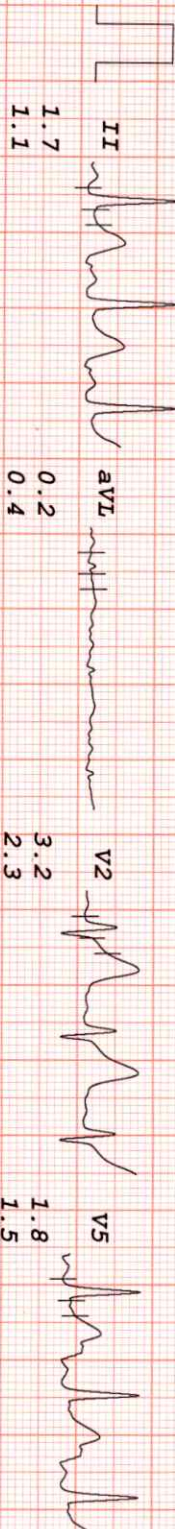
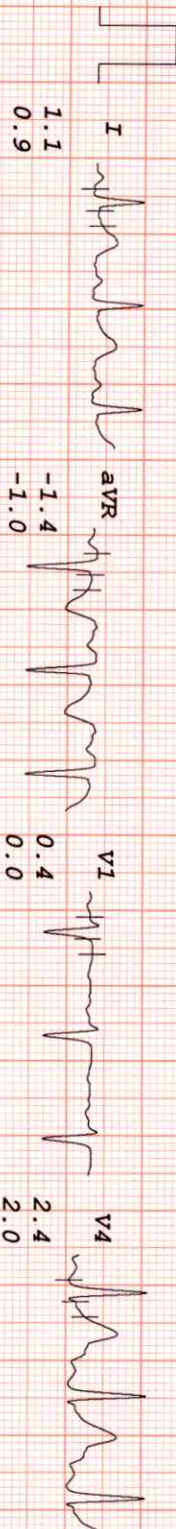
PRETEST
STANDING

ST @ 10mm/mV
80ms PostJ

LINKED MEDIAN

Mag. X 2

V1



MR ANKUSH PORWAL
I.D. 131
Age 29/M
Date 26/03/2022

RATE 98bpm
B.P. 130/80

HEALTHCARE BORIVALLI

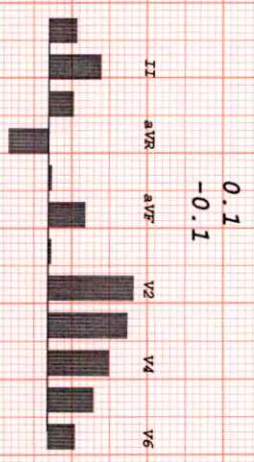
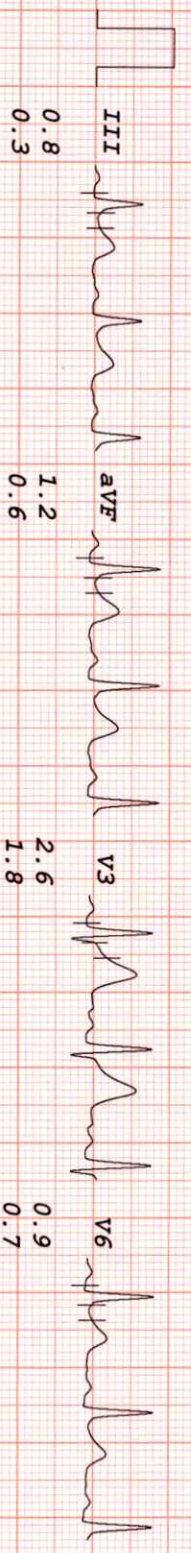
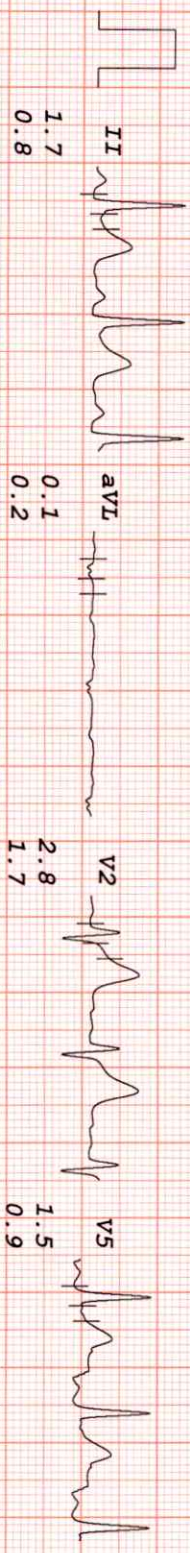
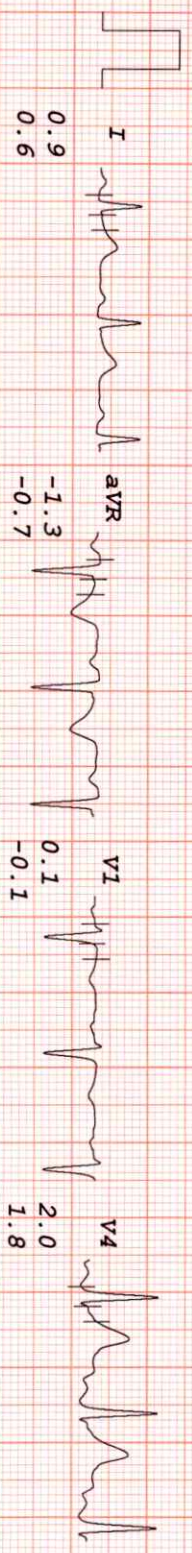
PRETEST
HYPERVENT
PHASE TIME 0:14

ST @ 10mm/mv
80ms PostJ

LINKED MEDIAN

Mag. X 2

V1



Handwritten signature

MR ANKUSH PORWAL
I.D. 131
Age 29/M
Date 26/03/2022

RATE 95bpm
B.P. 130/80

HEALTHCARE BORIVALI

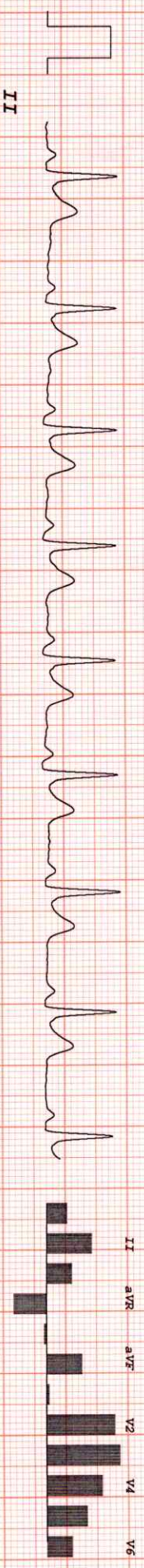
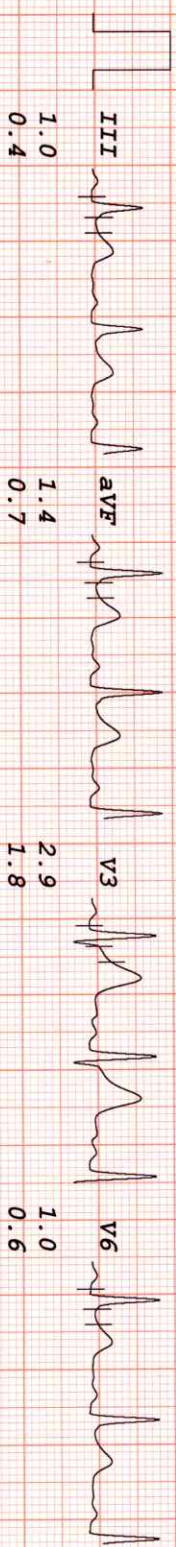
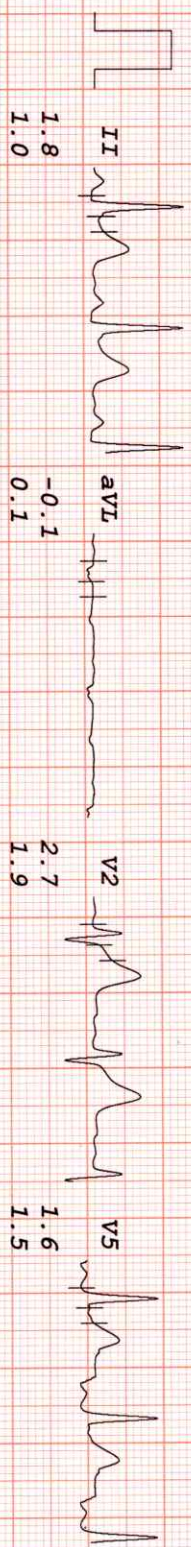
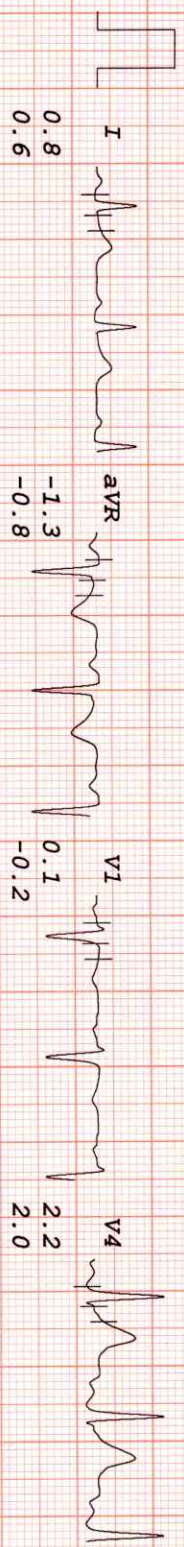
PRETEST
VALSALVA

ST @ 10mm/mV
80ms PostJ

LINKED MEDIAN

Mag. X 2

V1



Dr. Anand

HEALTHCARE BORIVALLI

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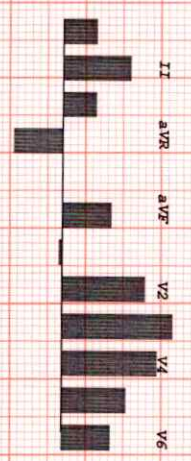
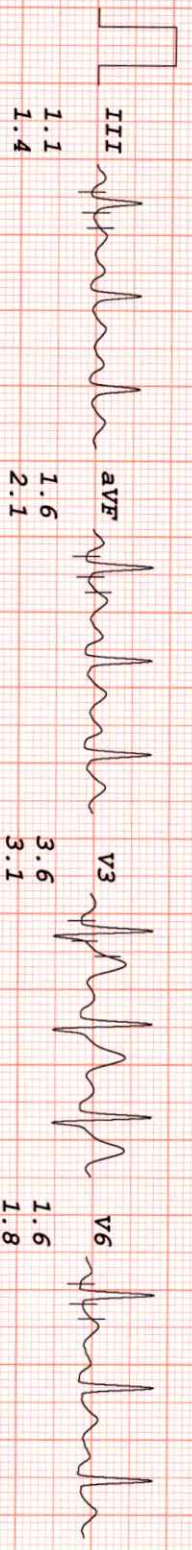
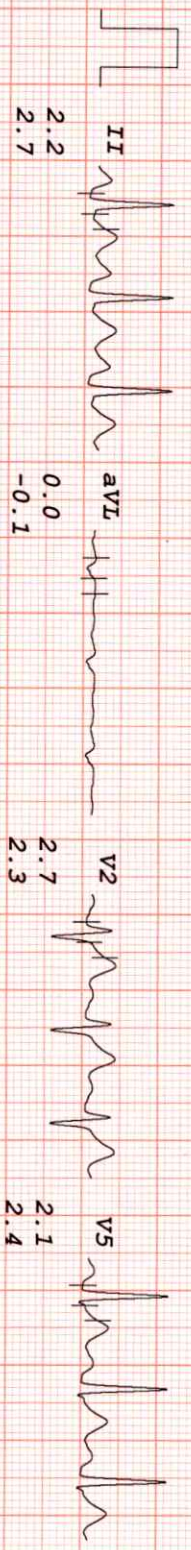
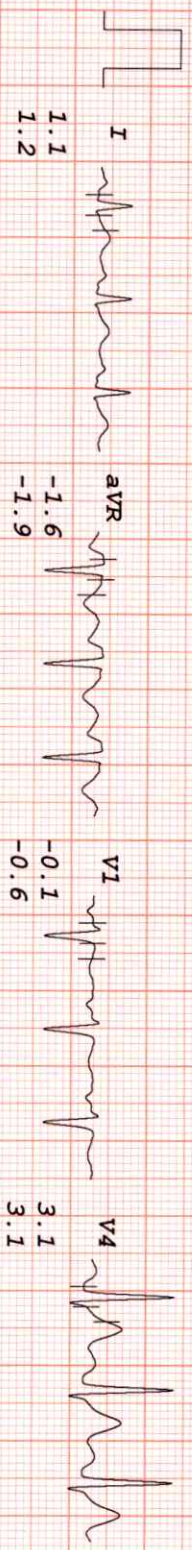
RATE 123bpm
 B.P. 140/90

Bruce
 Stage 1
 TOTAL TIME 2:55
 PHASE TIME 2:55

ST @ 10mm/mV
 80ms PostJ
 Speed 2.7 km/hr
 SLOPE 10 %

LINKED MEDIAN

Mag. X 2



Handwritten signature

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MR ANKUSH FORNAL
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RATE 144bpm
B.P. 150/100

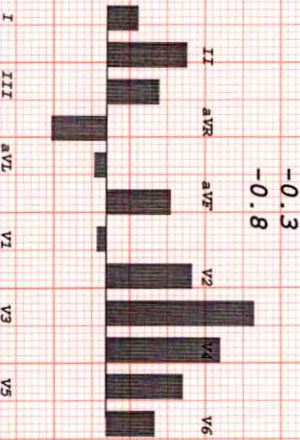
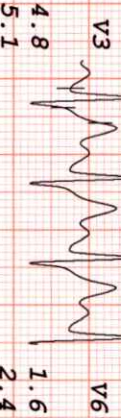
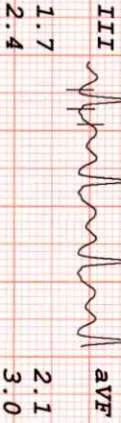
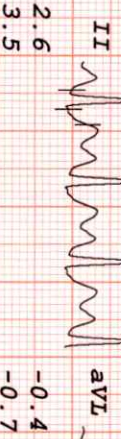
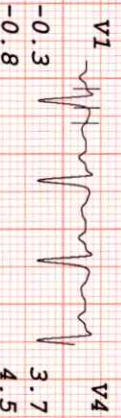
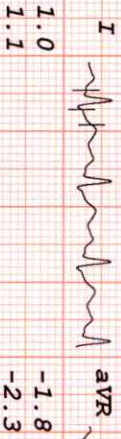
Bruce
Stage 2
TOTAL TIME 5:55
PHASE TIME 2:55

ST @ 10mm/mV
80ms PostJ
Speed 4 km/hr
SLOPE 12 %

LINKED MEDIAN

Mag. X 2

V1



Amplitude

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MR ANKUSH PORWAL

T.D. 131

Age 29/M

Date 26/03/2022

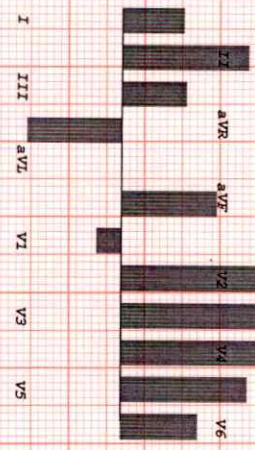
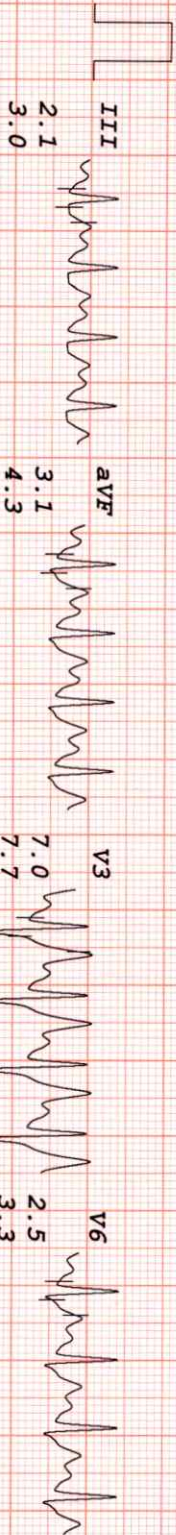
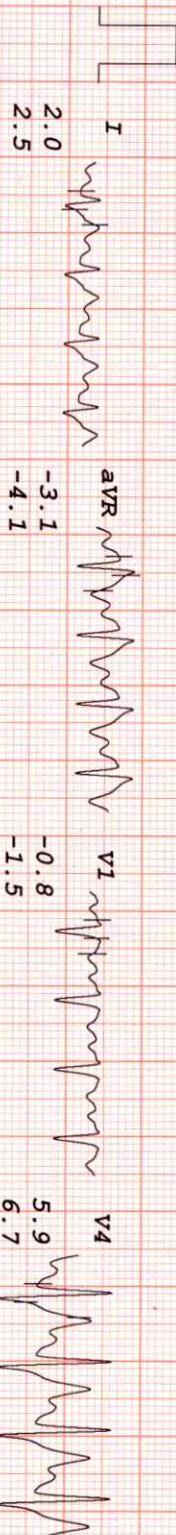
RATE 166bpm
B.P. 150/100

Bruce
PK-EXERCISE
TOTAL TIME 7:31
PHASE TIME 1:31
ST @ 10mm/mV
80ms PostTJ
Speed 5.4 km/hr
SLOPE 14 %

LINKED MEDIAN

Mag. X 2

V1



Dr. Anshu

MR ANKUSH PORWAL
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RATE 118bpm
 B.P. 160/110

Bruce
 RECOVERY
 TOTAL TIME 8:34
 PHASE TIME 0:55

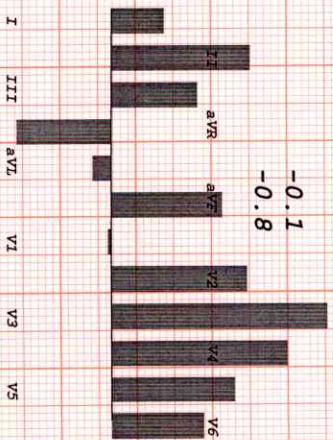
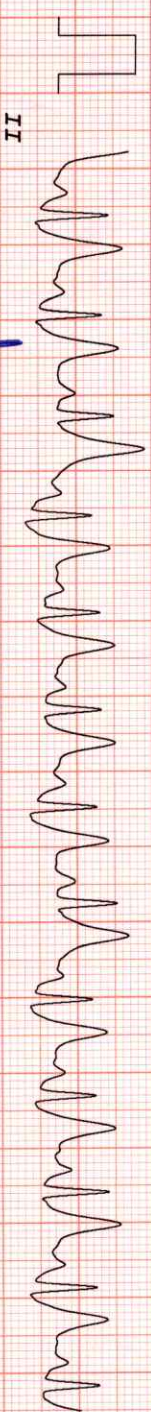
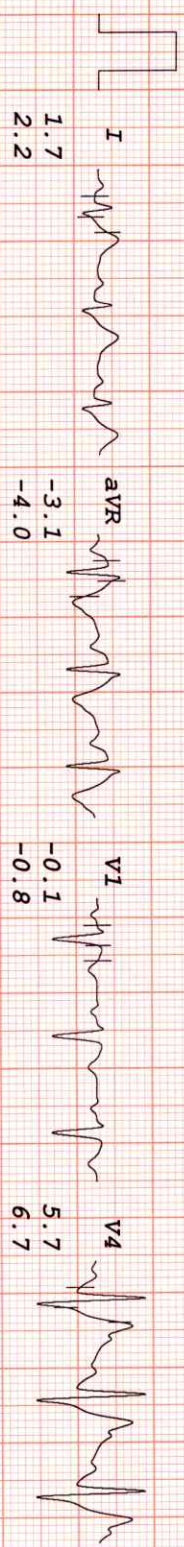
ST @ 10mm/mV
 80ms PostJ

HEALTHCARE BORIVALI

LINKED MEDIAN

Mag. X 2

V1



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RATE 106bpm
 B.P. 150/100

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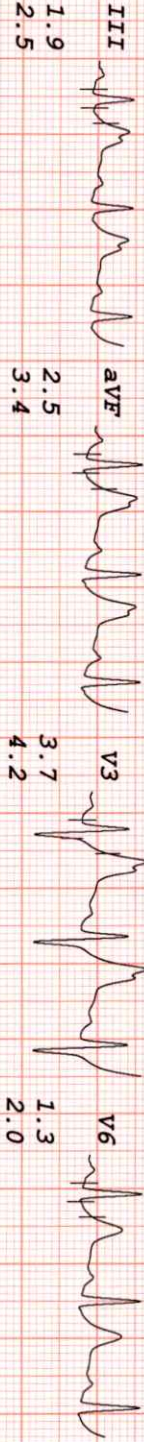
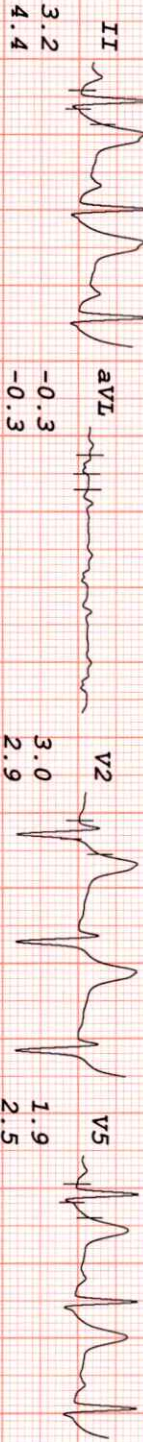
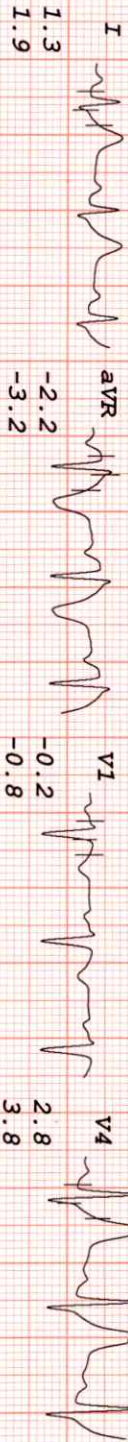
Bruce
 RECOVERY
 TOTAL TIME 9:35
 PHASE TIME 1:56

ST @ 10mm/mV
 80ms PostJ

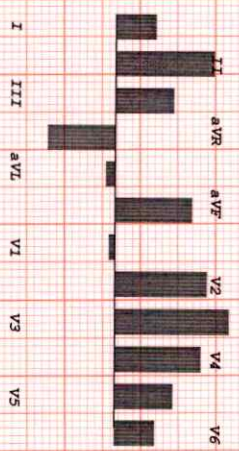
LINKED MEDIAN

Mag. X 2

V1



Signature



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I.D. 131
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RATE 96bpm
B.P. 140/90

Bruce
RECOVERY
TOTAL TIME 10:34
PHASE TIME 2:55

ST @ 10mm/mV
80ms PostJ

HEALTHCARE BORIVALI

LINKED MEDIAN

Mag. X 2

V1

