
Table 1. Contraindications to Exercise Testing

Absolute

- Significant change to the resting ECG (indicating acute myocardial injury or active ischemia)
- Unstable angina
- Uncontrolled cardiac arrhythmias with hemodynamic compromise
- Severe hypertension (systolic pressure > 200 mm Hg or diastolic pressure >110 mm Hg)
- Symptomatic severe aortic stenosis
- Decompensated heart failure
- Acute pulmonary embolus or pulmonary infarction
- Acute myocarditis or pericarditis
- Active endocarditis
- Suspected or known dissecting aortic aneurysm
- Severe acute medical illness, drug toxicity, or electrolyte abnormalities
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Relative

- Left main coronary artery stenosis
 - Tachyarrhythmia with uncontrolled ventricular rates
 - Hypertrophic cardiomyopathy with severe resting gradient
 - High-degree atrioventricular block
 - Neuromuscular, musculoskeletal, or rheumatoid disorders that may be exacerbated by exercise
 - Uncontrolled metabolic disease (e.g., diabetes, thyrotoxicosis, or myxedema)
 - Mental or physical impairment that limits a patient's ability to cooperate
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