Informed Consent for Graded Exercise Test

1. Explanation of the Graded Exercise Test

You will perform a graded exercise test on a motor driven treadmill. The exercise intensities will begin at a level you can easily accomplish and will be advanced in stages, depending on your functional capacity. We may stop the test at any time because of signs of fatigue or you may stop when you wish to because of personal feelings of fatigue or discomfort. We do not wish you to exercise at a level, which is abnormally uncomfortable for you; however, for maximum benefit from the test, exercise as long as it is comfortable.

2. Risks and Discomforts

There exists the possibility of certain changes occurring during the test. They include abnormal blood pressure, fainting, disorders of the heartbeat, and in rare instances, heart attack. Every effort will be made to minimize these through preliminary examination and by the observations during testing. Emergency equipment and trained personnel are available to deal with unusual situations, which may arise.

3. Benefits to be Expected

The results obtained from the exercise test may assist in the evaluation of the types and intensities of physical activity you might engage in with no or low hazards.

4. Inquiries

Any questions about the procedure used in the graded exercise test or in the estimation of functional capacity are encouraged. If you have any doubts or questions, please ask us for further explanation.

5. Freedom of Consent

Your permission to perform this graded exercise test is voluntary. You are free to deny consent if you so desire.

I have read this form and I understand the test procedure that I will perform. I consent to participate in this test.

Signature of Patient ___________________________ Date __________
Witness ___________________________