

Lenskyj, Adam  
D.O.B. 12/02/40  
ID: 3290825

## CARDIOPULMONARY ASSESSMENT REPORT

February 22, 2021

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Thank you for referring Adam Lenskyj to our Cardiac Rehab Graduate Program. A Cardiopulmonary Exercise Test was performed and the results are detailed below for your review.

PROTOCOL: Mod. Bruce (treadmill)      DURATION: 3 minutes  
RESTING HR: 90 BPM                      PEAK HR: 120 BPM (86 % of age pred max)  
RESTING BP: 120/84 mmHg              PEAK BP: 129/78 mmHg

PEAK V02: 12.2 ml/kg/min or 3.5 METs (76 % of age and gender predicted norms)

RESTING ECG: Atrial fibrillation, was in normal sinus rhythm during last assessment.

### EXERCISE STUDY

ECTOPY: Occasional multifocal ventricular premature beats were noted throughout the test. There was one ventricular couplet noted at rest.

ST CHANGES: None

SYMPTOMS: None

REASON FOR TEST TERMINATION: Patient request due to left calf pain.

### IMPRESSION:

Heart rate and blood pressure responses to exercise were normal.  
Exercise ECG is not suggestive of ischemia.

If you have any additional questions, please contact us at 416-597-3422 ext. 5200.

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R. Nijhawan MD

cc. Dr. L. Welsh  
Dr. P. Dorian