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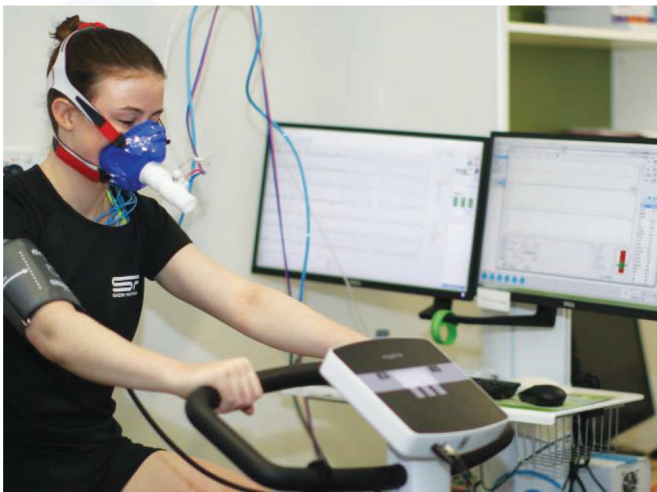
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Cardiopulmonary Exercise Test (CPET) or VO₂max Test TO ASSESS ATHLETE FITNESS



Aims of CPET:

This is a useful test in athletes to measure physical fitness and derive training prescriptions. In some athletes, it may detect possible underlying diseases. As an athlete's body physiology is different in such a way that all organs function at their above normal capacity, detection of pathology may be challenging using other conventional investigations. CPET becomes a useful test and having a baseline for athletes is reasonable.

We suggest you consult with your GP or usual doctor for a referral. Referral can be made via our website www.rsd.com.au/LungFunctionForm.aspx or using our referral pads.