

Post-PE assessment
at 3-6 months



Cardiopulmonary
Exercise Test

Peripheral limitation

- RER <1.1
- Peak VO₂ <80%
- Heart rate reserve <80%
- Peak heart rate <80%

- Aerobic Training
- High Intensity Interval Training
- Moderate Intensity Continuous Training
- Resistance Training
- Flexibility Training

Future
Directions:

- Tele-rehab
- Wearables



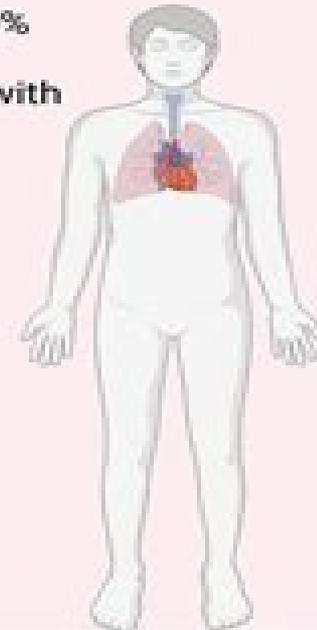
***overlapping
limitations
are
common***

Cardiopulmonary limitation

- Peak VO₂ <80%
- Peak O₂ pulse <80%
- VE/VCO₂ >35
- ETCO₂: decrease with exercise

VQ scan and
Echocardiogram

CTED or CTEPH
Expert CTEPH
center referral for
surgical PTE or BPA



Cardiopulmonary Exercise Testing Relevant But Underused

LP Steffe



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