



Post-PE assessment  
at 3-6 months



Cardiopulmonary  
Exercise Test

### Peripheral limitation

- RER <1.1
- Peak VO<sub>2</sub> <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



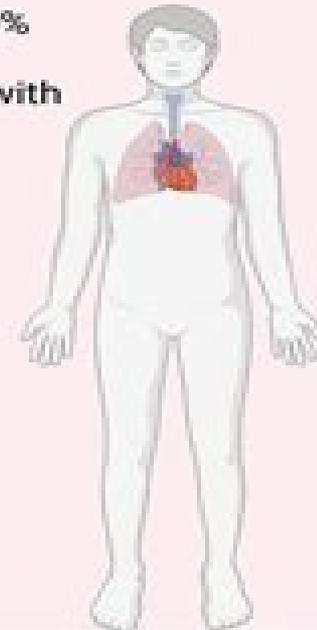
**\*overlapping  
limitations  
are  
common\***

### Cardiopulmonary limitation

- Peak VO<sub>2</sub> <80%
- Peak O<sub>2</sub> pulse <80%
- VE/VCO<sub>2</sub> >35
- ETCO<sub>2</sub>: 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

**Julia Schneider**



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