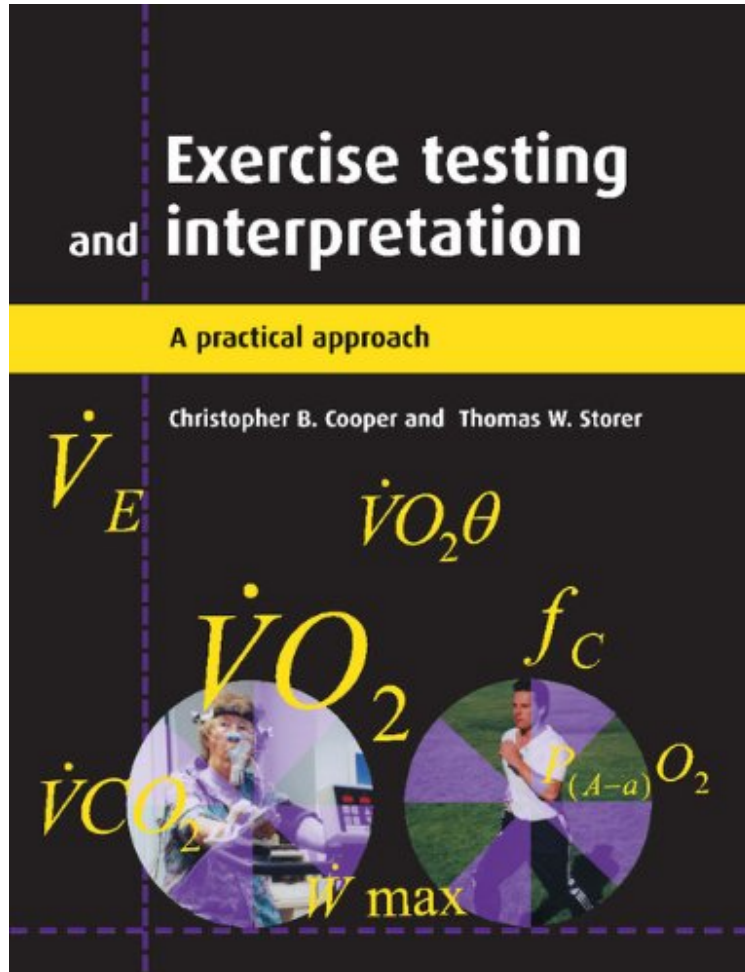


# Exercise Testing and Interpretation: A Practical Approach

Christopher B. Cooper, Thomas W. Storer  
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**Christopher B. Cooper, Thomas W. Storer : Exercise Testing and Interpretation: A Practical Approach** before purchasing it in order to gage whether or not it would be worth my time, and all praised Exercise Testing and Interpretation: A Practical Approach:

0 of 0 people found the following review helpful. Five StarsBy battletotVery satisfied0 of 0 people found the following review helpful. Five StarsBy Lauren CGood but very scientific3 of 4 people found the following review helpful. Practical - and PerfectBy A CustomerThis superb book outlines in detail physiological responses to exercise. The straightforward account of how to choose optimum equipment and how to interpret the results will benefit anyone in the field. The glossary and FAQ sections offer instant aid to allied health professionals. Pulmonologists and cardiologists will revel in the attention to detail in performance variables as well as the lucid writing style. This user-friendly book is a handy guide for all of us involved in exercise testing.

This 2001 book provides a practical and systematic approach to the acquisition, interpretation, and reporting of

physiologic responses to exercise. Pulmonologists, cardiologists, and sports physicians, as well as respiratory therapists and other allied health professionals will find this book an indispensable resource when learning to select proper instruments, identify the most appropriate test protocols, and integrate and interpret physiologic response variables. The final chapter presents clinical cases to illuminate useful strategies for exercise testing and interpretation. Useful appendices offer laboratory forms, algorithms and calculations, as well as answers to FAQs. A glossary of terms, symbols, and definitions is also included. *Exercise Testing and Interpretation: A Practical Approach* offers clearly defined responses (both normal and abnormal) to over thirty performance variables including aerobic, cardiovascular, ventilatory, and gas-exchange variables. Practical, portable, and easy-to-read, this essential guidebook can be used as a complement to more detailed books on the topic, or stand on its own.

"This book can certainly be recommended to those who want to learn more about the various aspects of ergospirometry and related variables. The authors succeeded in using their rich experience in exercise testing to offer a practical and systematic approach to the acquisition, interpretation and reporting of physiologic and pathophysiologic responses to exercise, to the benefit of cardiologists, pneumonologists and sports physicians." Robert Fagard, *Acta Cardiologica* "...this a worthy effort and will help both clinicians who request and interpret exercise tests and exercise scientists who conduct them." *Chronic Respiratory Disease Journal* "The authors...have provided a succinct, but thorough and practical, book on exercise testing and interpretation that should be of interest to physical therapists who are seeking to improve their knowledge in this area...I believe the authors have delivered on their promise to provide a practical and systematic approach to clinical exercise testing. The coverage of information is more in-depth than that typically found in cardiopulmonary rehabilitation texts. It is clearly written, liberally illustrated, and thoroughly referenced." *Physical Therapy* "As complex a topic as exercise testing can be, the authors have maintained a straightforward style of presenting the necessary information...Overall, this book is a practical, portable, and readable guide to a useful diagnostic tool. It contains a wealth of material, reflecting the authors' expertise and experience, and is a balanced review of a complex subject that serves to complement more detailed books on this topic. As such, it is worth possessing by all allied health professionals with involvement in exercise testing." *Chest Journal*