Blood pressure response to exercise testing

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Abstract

Although blood pressure is usually measured during and in recovery from a stress test, there are no clearly established figures of an abnormal response. Different methods and population studies give different definitions. This conflicting data had provoked an inadequate appreciation of clinical significance, and the conduct to follow. This article revises work relevant to blood pressure response in stress tests, and based on evidence, proposes a series of values and conducts of diagnostic and prognostic significance.

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PALABRAS CLAVE
Presión arterial; Prueba de esfuerzo; Reacción hipertensiva; Reacción hipotensiva; Hipertensión futura
Exercise testing is a cardiovascular stimulation test which is performed on treadmill or bicycle, monitoring the electrocardiogram and blood pressure (BP). It has a relatively low cost and is normally used to estimate prognosis, to determine the functional capacity, to assess the probability and extent of coronary disease and to evaluate the effects of treatment or physical training.

There are relatively few studies which provide figures for normal pressure response during exercise for adults and adolescents. These studies take into account the age and sex, which is not normally taken into consideration when evaluating a pressure response during exercise.

The normal determination of the BP is still used routinely in practice. It can sometimes be difficult to define the values of resting blood pressure, especially diastolic blood pressure (DBP), either by auditory problems, to define or recognize the fifth Korotkoff sound, or an auscultatory gap. In practice, even with experience, it often can be even more difficult to define the figures for systolic blood pressure (SBP) and DBP during exercise testing, especially the latter. For example, sometimes the DBP during effort can not be defined in the fifth Korotkoff sound, because sound is heard almost to 0 mmHg, the fourth must be used to define DBP. The determination of the BP through automatic equipment, with the right technique, offer many advantages over the manual technique, having verified its utility and clinical validity.

As for what is considered to be an abnormal response of blood pressure during effort, even today, there is no clear agreed consensus. The definitions use different parameters and methods of study are also different. Usually absolute figures are taken, although, clearly, there may not have the same clinical significance in blood pressure at maximal effort of 230 mmHg in an adult of 25 years as in one of 65. Furthermore, possibly the clinical and prognostic significance is not sufficiently valued, leaving some people at possible risk without adequate monitoring or additional studies.

The abnormal BP responses can develop during the test, in recuperation, and even just before exercise testing, having significant clinical value. The hypotensive response (HR), hypotensive, as in an insufficient BP response form part of the abnormal responses during exercise testing. The BP response during the recuperation, frequently not adequately valued, can also contribute relevant clinical information. It is also important to take into account the safety pressure figures during exercise testing, both those of the contraindications as well as the test termination criteria.

The relevance of the BP study in effort lies in its diagnostic potential, not only for arterial hypertension, but also to reflect other pathologies that may alter hemodynamic, such as hypertrophic cardiomyopathy. It also has a potential prognosis on future hypertension, cardiovascular events, stroke and mortality.

This article summarizes recent evidence of studies on the abnormal response of blood pressure in exercise testing, outlining guideline figures for diagnosis and prognosis purposes, with the aim of improving the interpretation and implementation in daily practice.

Normal response

The normal response of blood pressure in progressive exercise testing is: SBP increases while the DBP is maintained or decreases slightly.

The normal response of SBP in progressive tests is approximately 7 to 10 mmHg by MET, about 25 watts, although there are no standard values. The tension response at submaximal and maximal effort level, and during recovery is dependent on age, sex and physical condition, which should be taken into account when assessing a response in normal exercise testing (Figure 1 and Table 1).

Age

For older patients, one would expect to observe higher values of SBP and DBP in submaximal and maximal effort, and also in recovery.

Sex

Generally men have a higher maximal value of SBP (SBPmax) and a quicker recovery than women.

Physical fitness

In trained subjects the response of SBP is less in submaximal effort than in non-trained subjects, reaching greater SBPmax with normal values of 225-240 mmHg at high level. By increasing physical fitness, SBPmax increases. Thus, the maximal Delta SBP (i.e., the difference between SBPmax and the resting SBP) reaches greater values in athletes. The maximal pulse rate (SBP-DBP) during exercise, is also higher in athletes than non-athletes, often exceeding 100 mmHg.

Athletes reach a lower DBPmax. In healthy young people, sometimes the DBP cannot be determined because it can be heard to almost zero level. Poor physical condition is associated with higher blood pressure responses at submaximal and maximal effort.

There is usually post-effort hypotension (values below the initial level) in both normotensive and in hypertensive patients which may last several hours.

Adult and adolescent hypertensive patients, or those with high body mass index, have higher BT responses during physical effort. The SBP response was higher in obese adolescents, indicating a greater reactivity to physical exertion.

Auscultatory methods

The manual method is still recommended during exercise testing, although it must be remembered that the central BP or its equivalent, the brachial artery, is that which is validated for a proper diagnosis, and prognosis of cardiovascular morbidity and mortality.

In general, the automatic measurements of BP correlate well with the manual methods and have clinically acceptable absolute differences. Generally there is an underestimation with the DBP during increasing effort intensity; some
### Table 1  Maximal blood pressure and percentiles by age and gender

<table>
<thead>
<tr>
<th>Age-group (years)</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Systolic (mmHg)</td>
<td>Diastolic (mmHg)</td>
</tr>
<tr>
<td>20-29</td>
<td>182 ± 21</td>
<td>71 ± 12</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>146</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>218</td>
</tr>
<tr>
<td>30-39</td>
<td>184 ± 20</td>
<td>76 ± 12</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>150</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>218</td>
</tr>
<tr>
<td>40-49</td>
<td>188 ± 21</td>
<td>80 ± 12</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>154</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>224</td>
</tr>
<tr>
<td>50-59</td>
<td>193 ± 23</td>
<td>83 ± 12</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>233</td>
</tr>
<tr>
<td>60-69</td>
<td>197 ± 24</td>
<td>84 ± 12</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>239</td>
</tr>
<tr>
<td>70-79</td>
<td>196 ± 27</td>
<td>84 ± 13</td>
</tr>
<tr>
<td></td>
<td>Percentile 5º</td>
<td>151</td>
</tr>
<tr>
<td></td>
<td>Percentile 95º</td>
<td>243</td>
</tr>
</tbody>
</table>

SD = standard deviation  
Adapted from Daida et al.6.

### Table 2  Hypertensive response and risk or future hypertension

<table>
<thead>
<tr>
<th>Year (source)</th>
<th>Population (number)</th>
<th>Follow-up (years)</th>
<th>Ergometer/Protocol</th>
<th>Definition HR (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1994 (21)</td>
<td>Normotensive (3,741)</td>
<td>5</td>
<td>Bruce</td>
<td>SBPmax &gt;210 men and 190 women</td>
</tr>
<tr>
<td>2001 (27)</td>
<td>Normotensive (190)</td>
<td>5.7 (5-8)</td>
<td>Bruce</td>
<td>SBPmax &gt;200 y DBPmax &gt;100</td>
</tr>
<tr>
<td>1999 (23)</td>
<td>Normotensive (150)</td>
<td>7.7 ± 2.9</td>
<td>Bruce</td>
<td>SBPmax &gt;214</td>
</tr>
<tr>
<td>1998 (32)</td>
<td>Normotensive (5,386)</td>
<td>4 ± 5</td>
<td>Balke</td>
<td>Increase in delta SBP &gt;60/6.3 METs, &gt;70/8.1 METs, delta DBP &gt;10</td>
</tr>
<tr>
<td>2000 (34)</td>
<td>High normal (239)</td>
<td>5.1</td>
<td>Cycle 12.5 w/min</td>
<td>Upper quartile (delta TAS = 33-59 at 50% of HRres)</td>
</tr>
<tr>
<td>2002 (33)</td>
<td>Normotensive (1,033)</td>
<td>4.7 (3.6-6.9)</td>
<td>Cycle 12.5 w/min</td>
<td>Percentile 90 (according % HRres)</td>
</tr>
<tr>
<td>1999 (31)</td>
<td>Normotensive (2,310)</td>
<td>8</td>
<td>Bruce</td>
<td>SBPprec and DBP max &gt;percentile 95</td>
</tr>
<tr>
<td>2004 (34)</td>
<td>Normotensive (75)</td>
<td>1</td>
<td>Bruce</td>
<td>SBPmax ≥11 mmHg/MET</td>
</tr>
</tbody>
</table>

DBP: diastolic blood pressure; DBPmax: maximal value of DBP; HR: hypertensive response; HRres: reserve heart rate; SBP: systolic blood pressure; SBPmax: maximal value of SBP.

clinically validated (Schiller AG, BP-200 plus, Baar, Switzerland; Colin Medical Instruments, Colin 630, San Antonio, Texas)18,19 and others, specific to exercise testing, have been recommended and validated with an intra-arterial catheter (SunTech Medical Inc., Tango+, Eynsham, UK)20.
Logically, and more so in exercise testing, due to environmental noise and patient motion, it is important to take into account possible common causes of error in the evaluation of BP such as an inappropriate manometer or inadequate cuff size, poor condition of ear tips, too long a tube, the rate of inflation and deflation of the cuff, the experience of the Tester, inadequate site or pressure of the stethoscope, background noise, tension in the hand and forearm or flexion of the elbow during the take.

Automatic exercise testing equipment improves some of these drawbacks, although correct pre-test adjustment is needed, as well as the correct location of the microphone and the right placement of the electrodes, as they need an electrocardiograph signal for measurement. A short training period is required, but this is reliable and clinically practical, as we can automate the times of taking blood pressure, including recovery, and there are graphics and measurements integrated into most of the stress-test software.

Abnormal response

During exercise testing

a) Hypertensive response

There is no definition of hypertensive response in normotensive asymptomatic standard patients, there are proposed pressure figures. $SBP_{max}$ effort is commonly referred to at effort level$^{1,31-30}$, but there are also figures at different submaximal levels$^{31,32}$.
Blood pressure response to exercise testing

...some of which take into account sex, others take into account other percentiles, or associate it with a percentage of fixed or variable effort: reserve heart rate (HR) at rest (HRrest) and during exercise (HRR), or the change in HR between rest and exercise (ΔHR). Although the relevance of the diagnosis and the prognosis of a HR is not fully clarified, some of these patients have an increased risk of future hypertension (RR = 1 in men and RR = 1.4 in women), left ventricular hypertrophy or abnormal mobility (LVHM), stroke, cardiovascular incidents, increased mortality, and endothelial dysfunction.

Other mentioned findings related to HR are: hypercholesterolemia, increased angiotensin II, inflammatory markers such as leukocytes, carotid atherosclerosis, arterial stiffness and albuminuria. Prevalence ranges from 3-4% or more, according to studies.

Future hypertension

Early detection of hypertension can prevent a critical damage to key organs. Several studies found that an exaggerated BP response to physical effort is a prognostic factor for hypertension, even in children. In general, the work shows a low sensitivity (25-40%) with high specificity (73-90%).

Singh et al., in the Framingham Heart Study, refer to the 95 percentile of the SBP and DBP in the second stage of a Bruce test, and do not consider a SBPmax as a predictor of future hypertension (RR = 1 in men and RR = 1.4 in women), but do, the DBPmax (RR = 4.2 in men, RR = 2.2 in female), and the SBPmax defined solely by this criteria.

Matthews et al., with participation from the Cooper Institute, take into account the DeltaSBP, relate it to the effort level in METs, and also consider the increase of DBP. The reference to a relative risk of 3.0 modified by several other factors.

Miyai et al., when considering individuals with habitually high blood pressure also take into account the DeltaSBP at an effort level of 50% the reserve heart rate, i.e. a submaximal level. They mention a relative risk of 2.3 of future hypertension. Another study with normotensive subjects shows SBP max and DBPmax percentiles curves in relation to heart rate reserve. Beyond the 90 percentile indicates a relative risk of 3.8.

Manolio et al., established as a single cut-off point, a fixed SBPmax level. A prevalence of 18% was observed with an incidence of 4.9%. The odds ratio for predicting future hypertension was 1.7 (p<0.001), likewise including cardiovascular events.

Zanettini et al. studied 75 normotensive subjects with an ergometric Bruce test during one year, finding that individuals with a HR have a higher BMI, a thicker left ventricular posterior wall and a higher SBP in ambulatory measurement. They conclude that the detection of HR is better detected than the value of 210 mmHg, if the variation of the BP is corrected by the amount of work done. The cut-off was ≥11 mmHg/MET (Table 2).

Several studies illustrate that the DBP response in exercise has a similar or greater predictor force than SBP for future hypertension, with DBPmax values greater than 90/100 mmHg or an increase >10 mmHg.

### Cardiovascular event

Laukkonen et al. studied 1731 middle-aged men, seemingly healthy, in cycloergometer, with 12.7 years of follow up. The greater SBPmax of 230 mmHg was associated with an adjusted RR of 2.47 for risk of myocardial infarction. Among those with a high resting BP, an excessive increase in the BP curve, greater than 9.4 mmHg per minute of exercise, had a RR of myocardial infarction of 4.31.

Kurl et al., studied 1026 healthy men, with a follow up of 10.4 years, on cycloergometer for 20 W/min, and noted that a hypertensive response during exercise and recovery were directly and independently associated with risk of a stroke.

#### Hypotensive response

Although there is no consensus agreement on its definition, the two most common are a) a drop in SBP below standing rest levels, b) an initial SBP increase followed by a fall equal to or greater than 20 mmHg. The first has a significant relative risk of 3.2 for cardiovascular events, while the predictive value of the second is lower. The prevalence varies between 5 and 8% and was higher in patients with coronary heart disease.

A hypotensive response may reflect a hypertrophic cardiomyopathy (HCM), the same as a flat response. In studies of patients with HCM, the hypotension patterns observed were: a sustained fall of the SBP as from the first minutes of exercise >20 mmHg or an initial increase, with subsequent decrease of 20 mmHg or greater. A flat response was defined as a change in the SBP during effort less than 20 mmHg, compared with the resting SBP.

#### Poor response

Active people have a lower resting SBP, during exercise, and also in DeltaSBP. The amplitude the SBPmax response in effort appears to be a mortality risk factor independent of resting BP.

<table>
<thead>
<tr>
<th>Year (source)</th>
<th>Population (number)</th>
<th>Follow-up (years)</th>
<th>Ergometer/Protocol</th>
<th>Definition HR (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2006 (30)</td>
<td>Normotensive (1,731)</td>
<td>12.7</td>
<td>Cycle 25 w/2 min</td>
<td>SBPmax &gt;230 &gt;9.4 mmHg/min</td>
</tr>
<tr>
<td>2001 (36)</td>
<td>Normotensive (1,026)</td>
<td>10.4</td>
<td>Cycle 20 w/2 min</td>
<td>19.7 mmHg/min</td>
</tr>
</tbody>
</table>
Safety of exercise testing

The risk during exercise testing is generally low and depends on the clinical characteristics of the patient. The overall risk in a mixed population is approximately 6 events (myocardial infarction, ventricular fibrillation, other major arrhythmias, or death) in 10,000 tests. Overall complications, major and minor, in apparently healthy people and athletes, is lower, estimated at approximately 1/10,000. Morbidity varies between 1-5 according to the studies and mortality of 0-0.4.

With regard to the BP, and without having defined evidence, with the aim of avoiding serious complications, it’s best to follow the current recommendations of contraindication, and of finalization of exercise testing. One of the main reference guides is the that of the Committee of the Stress Tests of the American College of

<table>
<thead>
<tr>
<th>Year (source)</th>
<th>Population (number)</th>
<th>Follow-up (years)</th>
<th>Ergometer/Protocol</th>
<th>Definition HR (mmHg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2008 (60)</td>
<td>3,054</td>
<td>10</td>
<td>Bruce</td>
<td>SBPmax &gt;195 mmHg</td>
</tr>
<tr>
<td>2006 (61)</td>
<td>Normotensive (86)</td>
<td>5</td>
<td>Bruce</td>
<td>BP &gt;160/90 at 5’</td>
</tr>
<tr>
<td>2004 (63)</td>
<td>Normotensive (2,336)</td>
<td>13.1</td>
<td>Cycle</td>
<td>SBPmax &gt;195 mmHg</td>
</tr>
<tr>
<td>1999 (31)</td>
<td>Normotensive (2,310)</td>
<td>8</td>
<td>Bruce</td>
<td>SBP 142 ± 19 mmHg</td>
</tr>
</tbody>
</table>
Cardiology and American Heart Association, which also follows the American College of Sports Medicine\textsuperscript{8,25}.

**Contraindications for exercise testing**

The American Guide does not refer to any absolute contraindication to a resting BP whilst the Spanish Guide mentions a resting BP of 240/130 mmHg\textsuperscript{44}.

In the guide, a relative contraindication is shown as severe arterial hypertension, considering the same higher levels of 200/110 mmHg in rest\textsuperscript{25}.

**Indications for terminating the exercise testing**

An absolute indication to stop testing, is considered to be a drop in the SBP of >10 mmHg from the initial value of the BP, despite an increase in workload, when accompanied by other evidence of ischemia.

Within the relative factors, is considered the before mentioned, but when there is no evidence of ischemia. Also considered a relative indication the hypertensive response, which in the absence of definitive evidence, is defined as a higher SBP of 250 mmHg and/or greater than a SBP 115 mmHg (Table 5).

**Discussion**

Undoubtedly, the recorded BP during and after exercise can give us valuable information clinically. The problem is, that there are few benchmarks, and also sometimes in practice the existing variations of age, sex, fitness and body mass index are not taken into account.

Often taken into account in practice, is the SBPmax, only as a reference standard, meaning that it can sometimes be difficult to determine the DBPmax.

Frequently pulse pressure is not taken into account, nor the DeltaSBP nor not completing the taking of BP in the recovery, which we have seen can provide clinically relevant data.

Undoubtedly, conducting exercise testing is the only way to determine an abnormal response to exercise.

The guide of the American College of Cardiology and American Heart Association, both mention the excessive elevation of SBP as DBP during exercise as an indicator of future risk of hypertension in asymptomatic normotensives, and a SBPmax greater than 214 mmHg or higher SBP or DBP in the third minute of recovery\textsuperscript{25} and also refer to as a hypertensive reaction the figure of 250/115 mmHg, relative indication to stop an exercise test.

The reference of an exaggerated response in blood pressure sometimes indicates only the SBPmax, as the figures of Manolio et al\textsuperscript{21} of 210/190 mmHg in men and women respectively, or also report the SBPmax and DBPmax, like those of Sharabi et al\textsuperscript{22} the 200/100 mmHg respectively. Similarly, other studies such as that of Framingham, find only the DBPmax or recovery SBP predictors of hypertension\textsuperscript{25}.

Here reference tables are provided of the expected values of 95 percentile, gender and age-specific, although they are values derived from the second stage of the Bruce test. Thus, we have SBPmax values for men of 20, up to 70 years of age, ranging from 190 to 218 mmHg and of women of similar age range from 165 to 203 mmHg. Therefore, they do not put fixed maximal numbers for all patients, but instead take into account the age and sex.

On the other hand, there are other authors who, as a future risk of hypertension propose figures that take into account other parameters relating to the behaviour of the BP during effort. For example, the work of Matthews et al\textsuperscript{26}, at the Cooper Institute, which takes into account variations in SBP during exercise, the DeltaSBP and relates it to the level of effort according to the METs. Likewise, Miyai et al\textsuperscript{24} uses percentiles curves in relation to effort, in this case, the reserve heart rate. Also Zanettini et al\textsuperscript{25} establishes that it is better than a set number, in this case 210 mmHg, to relate the variation of the BP with the work performed in METs. Laukkanen et al\textsuperscript{28} and Kurl et al\textsuperscript{30} also report increased risk figures in this case of a cardiovascular event, but related to the increase of SBP in the time, that is, per minute.

A hypotensive response has a high degree of prognostic significance and may reflect a decrease in cardiac output or severe heart disease\textsuperscript{36-38}, although this can indicate other conditions such as cardiomyopathy, arrhythmias, or irregularities such as a vasovagal reaction or that produced by medication. The hypotension which may occur immediately after exercise, due to peripheral vasodilatation and fall in venous return, should not be considered a hypotensive response\textsuperscript{39}.

An inadequate response of SBP during effort, the DeltaSBP, should also be measured and considered as a significant predictor of mortality. The lower the SBP response to stress, the greater the risk. Figures deemed to be insufficient, as a response of SBP during effort, range from 20 to 45 mmHg\textsuperscript{37,39,40}.

<table>
<thead>
<tr>
<th>Table 5</th>
<th>Safety instructions in exercise testing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Absolute</strong></td>
<td><strong>Relative</strong></td>
</tr>
<tr>
<td><strong>Contraindications</strong></td>
<td>• Clinical criteria</td>
</tr>
<tr>
<td></td>
<td>• &gt;200/100 mmHg at rest</td>
</tr>
<tr>
<td><strong>Suspension</strong></td>
<td>• 240/130 mmHg at rest</td>
</tr>
<tr>
<td></td>
<td>• Drop in SBP &gt; 10 mmHg from baseline BP despite an increase in workload, and other evidence of ischemia</td>
</tr>
<tr>
<td></td>
<td>• Drop in SBP &gt; 10 mmHg from baseline BP despite an increase in workload, and without other evidence of ischemia</td>
</tr>
<tr>
<td></td>
<td>• SBP &gt;250/115 mmHg</td>
</tr>
</tbody>
</table>

SBP: systolic blood pressure.
With regard to BP during recovery, studies show a relationship between an abnormal response and future hypertension and cardiovascular mortality. There are studies including a significant population and likewise monitored for several years\(^{60-63}\), although differing in the methods of determination as in the definition, with figures suggested from the first until the fifth minute. A recent study by Huang et al\(^{60}\) relates the importance of a paradoxical increase in SBPprec at 3 minutes longer than the first, as being a significant predictor of mortality. Most other studies have proposed specific numbers, one of the most frequently mentioned being the Framingham study (142 mmHg at 3 minutes) as a predictor of future hypertension in men.

This highlights the need for future studies that incorporate consideration of age and sex. It may be appropriate to consider establishing percentiles and relating them to the level of effort in which the pressure figures are established.

**Conclusions**

There have been many studies undertaken regarding the diagnosis and prognosis of an abnormal response of the BP during effort, both during the recovery period, and even prior to commencing\(^{60}\).

However, no standard values have been determined which are accepted globally, perhaps in part, due the different methods used in these studies.

In general, the abnormal response of the BP during effort is related to an increased risk of future hypertension or cardiovascular events and mortality.

In the event of an abnormal response in an asymptomatic patient, a study of primary hypertension should be considered. Likewise more frequent clinical control of resting BP, an echocardiogram, a 24 hour Holter as a more dynamic test, and even a repetition of the exercise test, as this same abnormal response may not be repeated\(^{60}\). In case of an insufficient or hypotensive response, a possible ischemic cardiopathy and ventricular function should be studied.

Certainly more studies are needed and a consensus regarding the abnormal response of the BP during effort. Meanwhile, based on the studies mentioned previously but without defining set blood pressure, and likewise taking into account age, sex and physical condition of the patient, and above all the clinical context, we can consider an abnormal response of BP during effort in the following cases:

- SBPmax values greater than 210/190 mmHg in men and women respectively, may represent an exaggerated response in adults.
- SBPmax values greater than 230 mmHg may be considered higher risk. SBP values of >250 mmHg and DBP >115 mmHg define a clearly hypertensive result.
- DBP values greater than 100-105 mmHg or increase >10 mmHg at any time during the test.
- A hypotensive response, i.e. a drop in SBP below the initial values, a decrease equal to or greater than 20 mmHg or an increase of less than 20 mmHg during the entire effort.
- A low SBPmax, less than 140 mmHg.
- A reduced DeltaSBP to below 45 mmHg.
- Double reserve product <10.000.
- Sudden, steep increases greater than 10-12 mmHg/MET can be considered abnormal. It might be appropriate to routinely measure DeltaSBP between METs reached during the test.
- Paradoxical increase of SBP during recovery, i.e. a SBP at 3 minutes more than that of the first minute
- Slow SBP recovery, i.e. maintaining high values during the first minutes of recovery (see Table 4). It might be advisable to routinely measure the BP recovery 2-3 times during the first minutes of recovery.

In summary, significant increases in the SBP and DBP during effort, low or falling levels of SBP during effort, low amplitude of the DeltaSBP and slow recovery of the SBP are considered abnormal responses of the BP and have a significant prognostic value of future hypertension and/or cardiovascular events and indicate the need for additional studies.

**Conflict of interests**

The authors declare they have no conflicts of interest.

**References**

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