

Clinical application

1. Dx exercise intolerance
 - 1.1 $\downarrow VO_2\text{max} \rightarrow \downarrow VO_2 \text{ AT}$
 - 1.2 $RER > 1.2$ (HRmax is not achieved)
 - 1.3 \downarrow breathing reserve $< 20\%$ (N=20-40%)
 - 1.4 $\downarrow SaO_2$
 - 1.5 V_E/VO_2 (ventilatory equivalent for oxygen) > 40
2. Dx exercise-induced bronchospasm (EIB)
3. Aerobic fitness evaluation

Research study

Optimal level of physical activity in children
and adolescent with chronic lung disease

Objectives

To study the optimal level of physical activity in children and adolescents with CLD