

WORKWELL FOUNDATION



I have ME/CFS or Long COVID Why should I do a 2-day cardiopulmonary exercise test (CPET)?

Disability Evaluation

- To document impairment for disability purposes
- To measure the ability to perform and sustain work

Aid Diagnosis

- To objectively characterize post exertional malaise/post exertion symptom exacerbation
- To determine the cause of exercise intolerance
- To determine the cause of shortness of breath
- To evaluate which body systems (cardiovascular, metabolic, pulmonary) are functioning abnormally at rest and during exercise

Improve Quality of Life

- To precisely determine aerobic and anaerobic fitness levels
- To obtain valuable information to guide a pacing self-management program
- To determine the ventilatory/anaerobic threshold and corresponding heart rate, which can provide biofeedback to guide pacing using a heart rate monitor

Treatment

- To obtain a functional baseline that objectively measures improvement in health over time and/or with treatment
- To determine targeted treatments based on the CPET data

Workwell's 2-Day CPET Protocol

Workwell developed a 2-day CPET protocol to measure the hallmark feature of ME/CFS, post exertional malaise. Two-day CPET is now recognized by many professional organizations including the National Academy of Medicine, the American College of Cardiology, CA chapter and the NIH CFS Collaborative Research Center at Cornell University. Workwell's research has been presented to the NIH, FDA and CDC.

To Schedule an Appointment Click [Here](#)

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