Table 2

Contraindications to referral for Phase IV exercise

- Unstable angina
- Systolic blood pressure ≥180mmHg and/or diastolic blood pressure ≥ 100mmHg
- BP drop >20mmHg demonstrated during exercise tolerance testing
- Resting tachycardia >100bpm
- Uncontrolled atrial or ventricular arrhythmias
- Unstable or acute heart failure
- Unstable diabetes
- Febrile illness