Abstract

Cardiopulmonary Exercise Testing (CPET) stands as a pivotal diagnostic tool in evaluating the integrated function of the cardiovascular and respiratory systems during exercise. This article aims to provide an in-depth

The clinical relevance of CPET extends across various medical disciplines, serving as a cornerstone in diagnosing and prognosticating cardiovascular and pulmonary conditions. Its role in guiding therapeutic interventions, designing

Keywords:

Introduction

Importance of CPET

Procedure of CPET

Interpretation and Parameters

Clinical Applications

Evolution and Advancements

***Corresponding author:** John Merowe, Professor of Cardiac Pulmonary and Health Education, Netherlands, E-mail: JohnMerowe123@yahoo.com

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Clinical Relevance and Applications

Discussion

Precision in Assessing Respiratory Fitness

Clinical Utility in Respiratory Assessment

Personalized Interventions and Rehabilitation

Advancing Patient-Centric Care

Challenges and Future Directions

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11-13 .

Conclusion

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