Vital Sign Parameter Guidelines

Parameter	Rest	Activity
Heart Rate	🛑 >120 bpm[1]	🛑 >85% HR Maximum[1]
	⚠️ <60 bpm[1]	🛑 >80% HRR (Karvonen formula)[1] *Reduce HR range by 10-15 bpm if on beta-blockers[2]
Blood Pressure	🛑 >180/110 mmHG (SBP/DBP)[3] *When either value is close to above limit at rest, reassess after 5 minutes of exercise	🛑 >250/115 mmHg (SBP/DBP)[1] *When either value is close to above limit, stop exercise and reassess after 5 minutes
	⚠️ <90/60 mmHG	🛑 Reduction >10mmHg in systolic accompanied by other symptoms of ischemia
SaO2	🛑 <92%[1] *Other notable signs may be pallor, wheezing, dyspnea with a reduction of SaO2 from baseline	🛑 <92%[1] *Other notable signs may be pallor, wheezing, dyspnea with a reduction of SaO2 from baseline
Diabetes Mellitus Considerations		
Blood Glucose	🛑 <70 mg/dL	
	⚠️ 70-100 mg/dL *If DM, provide snack and monitor frequently, may require MD referral if hypoglycemia persists	
	⚠️ 100-250 mg/dL *Proceed with exercise program	
	🛑 >250 mg/Dl *Should check ketones[7], if ketone levels are ≥1.5 mmol/L – exercise contraindicated[7]	
	Vital education with activity *If symptoms of hypoglycemia develop with activity, recheck BG *Reduction in blood sugar can occur 6-15 hours post exercise[4] and can persist upwards of 48 hours post[5,6], educate patient that this may occur	

Note: Vital Parameter Guidelines prescribed by physician SUPERSEDE the above noted thresholds. Additionally, self-report from patient is of utmost importance to triangulate all clinical findings.

References

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INTENSITY MATTERS