DISPLAY 6-1

**Signs and Symptoms of Exercise Intolerance**

- Angina, typically manifested as chest, left arm, jaw, back or lower neck pain or pressure
- Unusual or severe shortness of breath
- Abnormal diaphoresis
- Pallor, cyanosis, cold and clammy skin
- Central nervous system symptoms such as vertigo, ataxia, gait problems, or confusion
- Leg cramps or intermittent claudication
- Physical or verbal manifestations of severe fatigue or shortness of breath

*ACSM Resource manual for Guidelines for Exercise Testing and Prescription, 3rd Edition*

Hall & Brody: Therapeutic Exercise: Moving Toward Function, 2nd Edition
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