

Exercise and Sports Cardiology Clinic at Arkansas Cardiology



Treating cardiovascular disease today is about detecting heart ailments before they impact your life. Our exercise and sports cardiology specialists will help maximize your health potential and performance as an athlete, master athlete, friend, spouse, parent or grandparent.



Focuses on the evaluation and care of:

- Patients with heart disease who want to start or resume exercise or athletic activities.
- Patients who want an exercise prescription to reduce their cardiovascular risk.
- Athletes with exercise-induced symptoms.
- Athletes referred for screening prior to taking part in high-level activities.
- Athletes looking to optimize performance.

Common issues addressed:

- Abnormal electrocardiogram (EKG), stress test, or echocardiogram in athletes or active patients.
- Chest pain, fainting, palpitations, or shortness of breath with exercise.
- Unexplained decrease in exercise tolerance.
- Abnormal sports screening test.

Testing modalities include:

- Cardiopulmonary exercise testing (VO2 Max testing)
- Stress tests
- Echocardiograms
- Heart rhythm monitors
- Cardiac CT
- Cardiac MRI
- Cardiac catheterization

Location:

Arkansas Cardiology Clinic - North Little Rock
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