



Health Nexus Orthopedics

& Wellness

Lyll J. Ashberg, MD

<https://healthnex.us>

info@healthnex.us

Ph: (561) 510 1514

VO₂ Max Testing Preparation & Waiver Preview

Provided by Health Nexus Orthopedics & Wellness in conjunction with Athletes Edge Fitness

Preparation Guidelines

To ensure accurate results and your safety, please follow these preparation steps before your VO₂ Max test:

- Avoid eating a large meal within 2–3 hours of your test.
- Avoid caffeine for at least 5 hours prior.
- Avoid alcohol or nicotine for 12 hours prior.
- Avoid vigorous exercise for 24 hours before testing.
- Bring your road or gravel bike, cycling shoes, and athletic clothing.

What to Expect During the Test

Your test will be performed using the PNO₂ clinical-grade breath analysis system, providing a detailed assessment of your cardiovascular and metabolic function. The protocol includes:

- 15-minute warm-up
- 10-minute rest
- ~12-minute ramp test (increasing resistance each minute until exhaustion)
- 2–3-minute recovery

Total appointment time is approximately 45 minutes.

Waiver & Assumption of Risk (Preview)

Participation in VO₂ Max testing involves maximal physical exertion and carries certain risks, including elevated heart rate, dizziness, musculoskeletal injury, or—rarely—cardiac events. By signing the waiver on test day, you acknowledge that:



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- You are voluntarily participating and accept the associated risks.
- You affirm you have no known uncontrolled cardiovascular, pulmonary, or other conditions making this unsafe.
- You understand this is not a substitute for medical diagnosis or treatment.
- You release Health Nexus Orthopedics & Wellness, Athletes Edge, and staff from liability related to participation.

⚠ This is a preview only. You will be required to review and sign the full waiver at the clinic before beginning your test.

Contact

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931 SE Ocean Blvd, Suite A, Stuart, FL 34994

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