



# Performance Physical

## PRE+POST CARE INSTRUCTIONS

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### PRE-TREATMENT CARE:

**Hydration:** Drink plenty of water before the VO2 Max, Lung Testing, and Body Composition exams.

**Avoid Intense Exercise:** Refrain from strenuous activity for 24 hours prior to the tests to avoid elevated results in VO2 Max or resting metabolic rate.

**No Caffeine or Nicotine:** Avoid caffeine and nicotine at least 4 hours before your appointment, as these can affect heart rate and test results.

**Medication Disclosure:** Inform the medical team of any medications or supplements you are currently taking during the Medical History Evaluation.

**Comfortable Clothing:** Wear loose, comfortable clothing and running shoes for the ECG, VO2 Max, and lung testing. You may be asked to change into a medical gown for some tests.

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### POST- TREATMENT CARE:

You can continue your daily life.

Cool down with light activities and stretching immediately after the test.

Rehydrate to replenish fluids lost during the test.

Monitor your body for any unusual symptoms like dizziness or chest pain.

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**IT IS IMPORTANT TO FOLLOW THE SPECIFIC PRE+POST INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE INSTRUCTIONS, BE SURE TO CONTACT US FOR MORE GUIDANCE.**

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