

### WHAT IT IS:

What this is measuring is the forward wave and the returning pressure wave when the left ventricle of the heart contracts to pump blood from the chamber. This contraction sends **a wave** and what we are measuring is the time it takes for that pulse wave to return. The faster that wave returns, the stiffer the artery. There are 3 types of waves:

### TYPE A:

**Unsatisfactory Condition;** Typical for subjects older than 60 years old; aorta becomes less elastic and stiffer due to age. Even when age appropriate we aim to have less of this type

### TYPE B:

**Satisfactory Condition;** Typical for Clients 40 years and younger. Subjects with this wave type may have a risk factor for cardiovascular disease.

### TYPE C:

**Good Arterial Condition;** Typical for clients under the age of 30 with no cardiovascular disease risk factors. If possible, we would like to see more of this type.

