



## CRYSTAL RUN SPORTS MEDICINE PERFORMANCE SERVICES



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crystalrunhealthcare.com



Schedule your performance  
evaluation appointment online.



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## CPET Testing Offered at Crystal Run Healthcare

CardioPulmonary Exercise Testing (CPET) is able to test several body functions of athletes in one session, including:

**Resting Metabolic Rate**

**VO<sub>2</sub> Max—Maximal Oxygen Consumption**

**Lactate Profile**

**Caloric Expenditure Profile**

**Metabolic Basic—VO<sub>2</sub> Max, Lactate Threshold**

**Metabolic Advanced—VO<sub>2</sub> Max, Lactate, & Caloric Expenditure**



## Scheduling an Appointment & CPET Testing Fees

Athletes must first schedule an appointment with Dr. Conway for an office visit before testing can be ordered. Pre-test office visits will be covered by your insurance.

CardioPulmonary Exercise Testing (CPET) for athletic performance is not covered by insurance. There is a self-pay fee of \$650.00 per session which includes a post-test telehealth visit with Dr. Conway to review your results.



Scan to schedule your performance evaluation  
appointment with Dr. Conway today.



## PERFORMANCE SERVICES

Welcome to Crystal Run Sports Medicine Performance Services. Crystal Run Healthcare is now offering **CardioPulmonary Exercise Testing (CPET)** for competitive athletes ages 13 and up. Professional, collegiate, adolescent, club, and endurance athletes are able to

**benefit from CPET performance testing by assessing their current fitness level and utilizing those test results to help guide and improve their training for peak performance.** Athletes will work with

**Dr. Justin Conway**, a board-certified Sports Medicine specialist and Hospital for Special Surgery-trained physician, and **Dr. Geoffrey Hulse**, a board-certified Pulmonologist and Fellow of the American College of Chest Physicians.

Dr. Conway is an experienced sports medicine physician who works with athletes of all competition levels, serving as a Team Physician for Mount Saint Mary College Athletics, Hudson Valley Renegades, and Kingston Stockade. He is also a Member of the U.S. Ski and Snowboard Team Medical Pool.

Dr. Hulse has experience working with competitive athletes and professional teams to evaluate medical issues that impact performance like chronic cough and shortness of breath, and utilizes state-of-the-art technology including Chest X-Rays, CT Scans, Bronchoscopy, and Pulmonary Function Testing, in addition to CPET.

Among the first in the region to utilize CPET and Pulmonary Function Testing (PFT) for both medical and performance use, Crystal Run Healthcare's goal is to support athletes

with a comprehensive medical analysis that focuses on cardiovascular health. We offer both self-pay performance testing and insurance-covered testing for athletes depending on clinical symptoms and medical history.

► Visit [crystalrunhealthcare.com/CPET](https://crystalrunhealthcare.com/CPET) to schedule your performance evaluation appointment online.



**JUSTIN CONWAY, MD**

SPECIALTIES: Primary Care Sports Medicine

BOARD CERTIFIED: Sports Medicine, Family Medicine



**GEOFFREY E. HULSE, MD, FCCP**

SPECIALTIES: Pulmonary & Critical Care Medicine, Sleep Medicine

BOARD CERTIFIED: Internal Medicine, Pulmonary Disease, Critical Care, Sleep Medicine