



Move More Moray Patient Referral Exclusion Criteria



Systolic BP greater than or equal to 180mmHg

Diastolic BP greater than or equal to 100mmHg

Unstable angina or aortic stenosis

MRC Dyspnoea Score grade 3 or above

Acute heart failure or chronic heart failure (NYHA 3 or 4)

Symptomatic aortic Valve disease, hypertrophic obstructive cardiomyopathy, implanted cardiac defibrillator

Uncontrolled tachycardia or uncontrolled arrhythmia or a ventricular rate > 100bpm

Uncontrolled diabetes

Symptomatic hypotension

Cardiac event in the last 8 weeks

Febrile illness