

What is a Heart Sound Recording?

The Heart Sound Recorder is a computer-based wellness monitor which uses the principals of auscultation to observe heart sounds. During this non-invasive procedure a specialized microphone is placed over each of the four valve areas of the heart while graphing the sound and movement. The heart's reaction to certain stressors, (i.e. chemical, nutritional, and emotional), can be observed using this type of device. Certain types of heart stress can be monitored by observing the RATE, RHYTHM, and TONE of the heart cycle on the graph.

Your nervous system controls the RATE at which your heart beats. One side of your nervous system (sympathetic) manages your "fight or flight" responses and can accelerate your heart rate. The other side (parasympathetic) manages your "rest and digest" response and can slow your heart rate. You need a healthy balance between the two.

The RHYTHM of your heart should show a specific work to rest ratio on the graph. Your heart should be resting twice as long as it is working. Observations are made to see if your heart is working too hard, or not working hard enough.

The TONE of your heart is referring to the strength of the ventricles as they push blood through your body. The height and width of the 'lub dub' sound your heart makes on the graph, shows how efficiently your heart is pushing blood through your body and refilling to prepare for the next cycle.

The Heart Sound Recorder can be an important tool in evaluating your overall health and then in following the progress you are making under proper wellness care. Making changes to your stress level, diet, lifestyle, and nutritional status will provide you with greater endurance, ability to rest, and overall wellbeing.

How do I prepare for the Heart Sound Recording (HSR)?

The day of the HSR please do the following:

1. Wear a thin shirt under your outer layer of clothing. You will only need to take your outer layer of clothing off for the test. Ladies please wear a tank top or cami and

gentlemen please wear an undershirt. No graphics on the shirt please. The microphone is placed over your clothing and this procedure will facilitate the best recording.

2. Drink 6-8 oz of filtered or spring water on your way to my office. Remember to hydrate throughout the day as usual. Better hydration means better testing.
3. Eat all regularly scheduled meals. The meal prior to the HSR please eat a light, healthy meal. Do not eat 2 hours prior to the test. Continue to hydrate with water-no caffeine, no alcohol, no sugary drinks.
4. Arrive 10 minutes early and relax in the waiting room. Please do not continue your work on the phone or computer. Take a deep breath and clear your mind. Being anxious or in a rush will affect testing results. Shoot me a text at your appointment time to let me know you have arrived.
5. Continue to take all medications and supplements you are currently taking on the day of the testing. Bring a list of the medications. If you are taking supplements-bring in all of the bottles to your appointment.
6. Have consent form signed (sent in separate attachment) or have read through it and I will have a copy available for signature.
7. Plan a 30-45 minute session. Timing will depend on your questions and planning your supplement schedule.

I am looking forward to assisting you in your adventure towards maintaining a healthy lifestyle. Feel free to call or text with any questions or concerns.

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