Effect of heliox on effort of breathing and work


This paper provides relevant data on furthering our understanding of cardiovascular dynamics during exercise, which may well impact on sporting performance and have clinical significance.

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Professor Mark Batt, BSc MB BChir MRCPG DM FFSEM FACSM, is a consultant in sport and exercise medicine at The Centre for Sports Medicine, University Hospitals NHS Trust, Nottingham. He has a busy NHS practice and is physician for The English Institute of Sport.

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His research interests include: overuse injuries, particularly groin, low back, lower leg pain ( shin splints and stress fractures); tendon disease; and exercise in the workplace.

He is married with two children. He enjoys a variety of sports, outdoor pursuits and gardening, none of which he does tremendously well!