

**Aerobic exercise, but not isometric handgrip exercise, improves endothelial function and arterial stiffness in patients with myocardial infarction undergoing coronary intervention: a randomized pilot study**

**Running title: Exercise and vascular function**

Daniel P Kollet<sup>1</sup>, Ana Beatriz Marengo<sup>1</sup>, Nathan L Bellé<sup>1</sup>, Eduardo Barbosa<sup>1</sup>, Liliana Boll<sup>1</sup>,  
Bruna Eibel<sup>1</sup>, Gustavo Waclawovsky<sup>1</sup>, Alexandre M Lehen<sup>1\*</sup>

1. Institute of Cardiology of Rio Grande do Sul/University Foundation of Cardiology, Porto Alegre, Rio Grande do Sul, Brazil.

\* <https://orcid.org/0000-0002-5912-8020>

<sup>1</sup> \* **Corresponding Author**

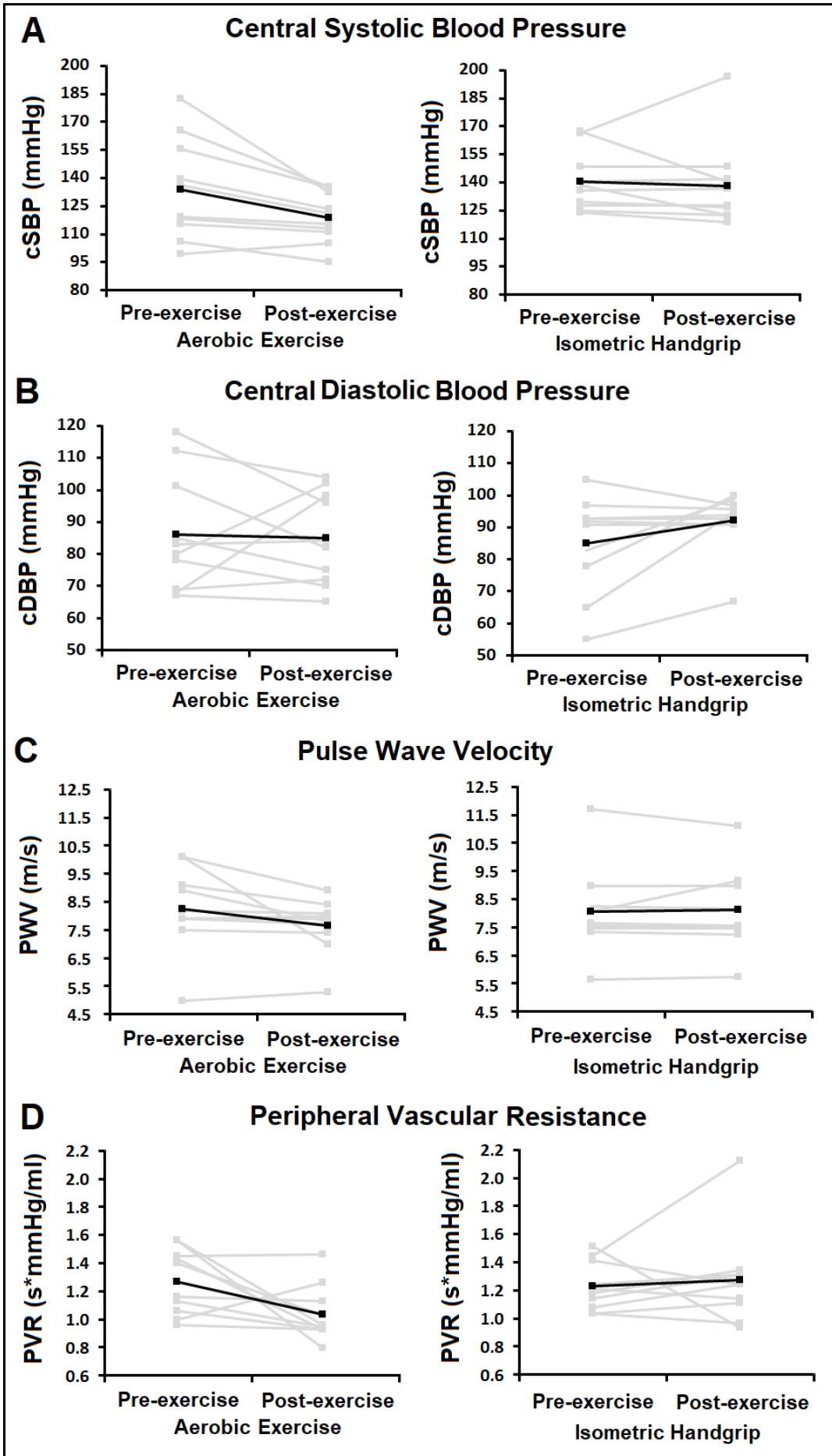
Dr Alexandre Machado Lehen

Instituto de Cardiologia do Rio Grande do Sul/Fundação Universitária de Cardiologia

Unidade de Pesquisa, 3º Andar

Av. Princesa Isabel, 395 Santana, 90620-001 Porto Alegre – RS Brazil

[amlehen@gmail.com](mailto:amlehen@gmail.com)



**Figure 1S – Behavior pattern of central blood pressure measurements.** cSBP: central systolic blood pressure; cDBP: central diastolic blood pressure; PWV: pulse wave velocity; PVR: peripheral vascular resistance. The gray lines represent individual values and the black line is the mean of individual values

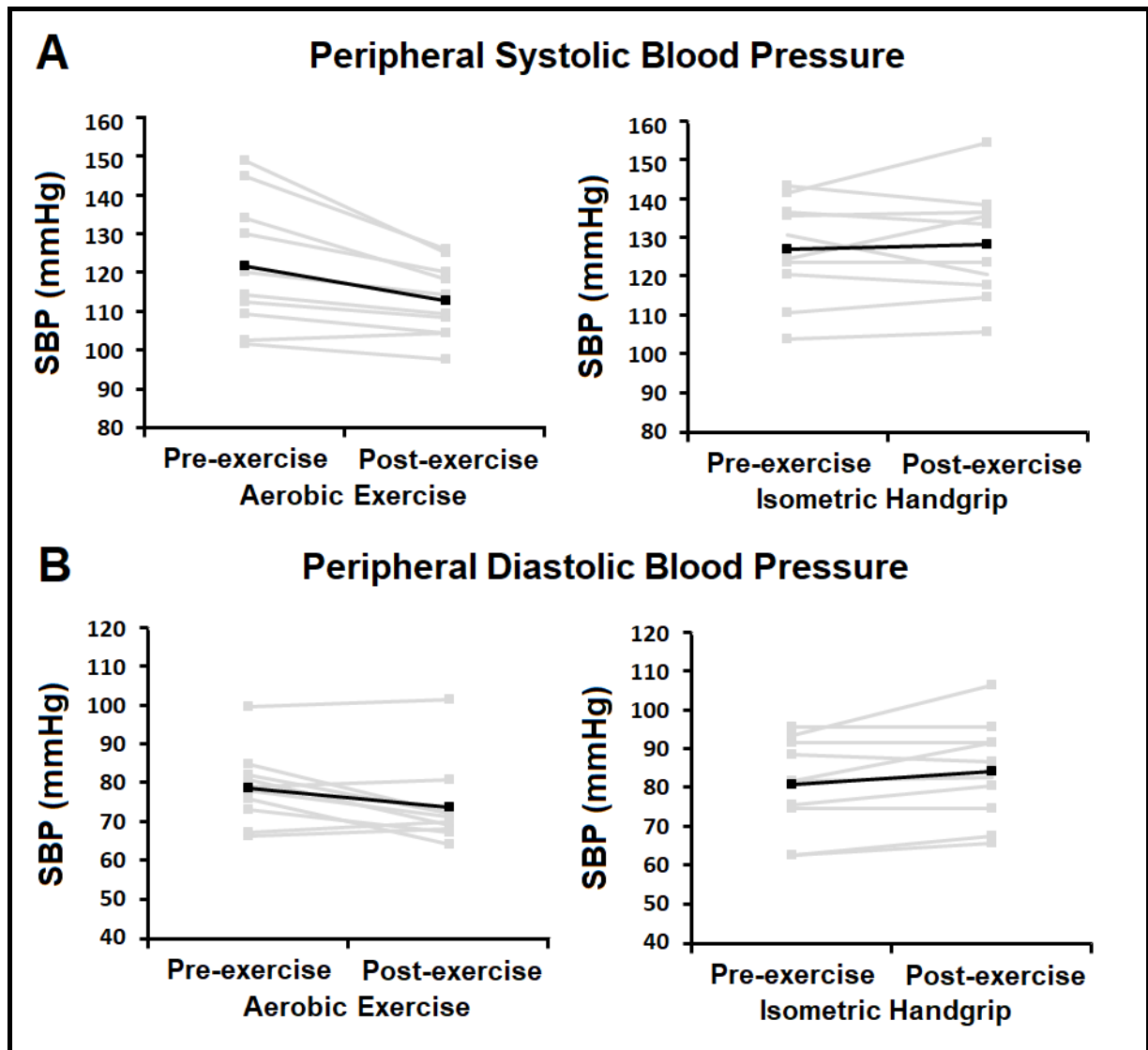


Figure 2S – Behavior pattern of peripheral blood pressure measurements. SBP: systolic blood pressure; DBP: diastolic blood pressure. The gray lines represent individual values and the black line is the mean of individual values.