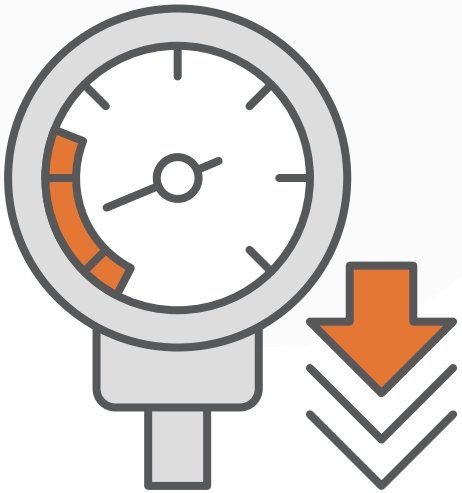
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POSTURAL HYPOTENSION

WHAT IT IS & HOW TO MANAGE IT



POSTURAL HYPOTENSION —or **orthostatic hypotension**— is when your blood pressure drops when you go from lying down to sitting up, or from sitting to standing. When your blood pressure drops, less blood can go to your organs and muscles. This can make you more likely to fall.

WHEN MIGHT SYMPTOMS HAPPEN?



When standing or sitting up suddenly



During exercise



After a large meal



When straining on the toilet



When you are sick



In the morning when blood pressure is naturally lower



If you become anxious or panicky

WHAT CAUSES POSTURAL HYPOTENSION?

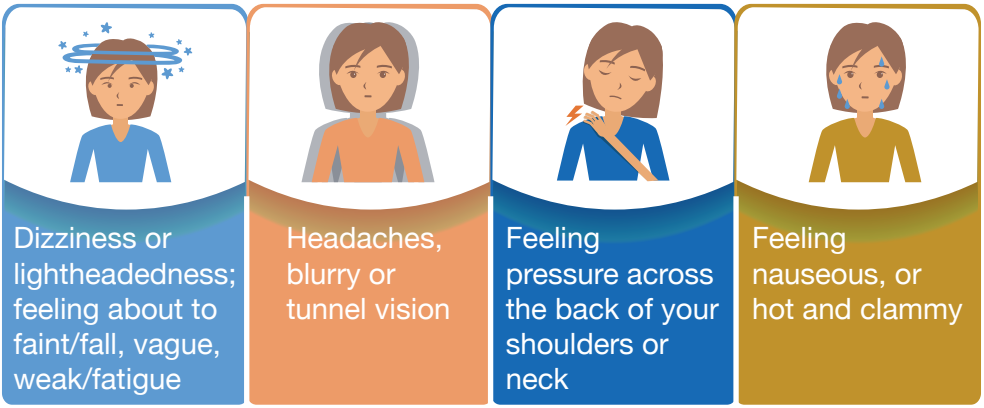
Postural hypotension can be caused by many factors but common causes include:

01. Certain medications (such as blood pressure tablets, diuretics)
02. Medical conditions such as diabetes, heart failure, or hardening of the arteries
03. Damage to the nervous system (i.e. Parkinson's disease)
04. Vitamin B12 deficiency or anaemia
05. Dehydration
06. Prolonged bed rest
07. Warm environments

However, sometimes there is no easily addressed cause and the symptoms are due to age related changes to the body's normal coping mechanisms.

WHAT ARE THE SYMPTOMS?

Although many people with postural hypotension have no symptoms, others do. **These symptoms can differ from person to person, and may include:**



WHAT CAN I DO TO MANAGE MY POSTURAL HYPOTENSION?

01. Tell your healthcare provider about any symptoms.
02. Ask if any of your medicines should be reduced or stopped.
03. Get out of bed slowly. First sit up, sit on the side of the bed and wait for a few seconds, then stand up.
04. Take your time when changing position, such as when getting up from a chair.
05. Try to sit down when washing, showering, dressing, or working in the kitchen.
06. Exercise gently before getting up (move your feet up and down and clench and unclench your hands) or after standing (march in place).
07. Make sure you have something to hold on to when you stand up.
08. Do not walk if you feel dizzy.
09. Drink 6-8 glasses of water each day—unless you have been told to limit your fluid intake.
10. Avoid taking very hot baths or showers.
11. Try sleeping with extra pillows to raise your head.

USEFUL EXERCISES

Here are some exercises which may help you prepare your body before standing up, particularly if you have been sitting or lying down for a prolonged period.



ANKLE PUMPS

Pull your toes up towards you and then point your toes away from you

Repeat this 10 times

Now draw 10 circles with your ankle and repeat this on the other foot



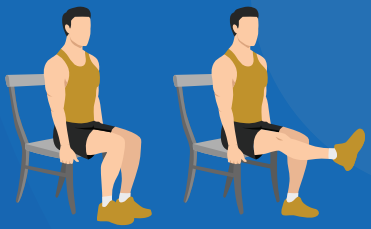
STATIC GLUTES

You can complete this while lying, sitting or standing

Squeeze your buttocks together

Hold for 3 seconds, then relax

Repeat 10 times



LEG EXTENSIONS

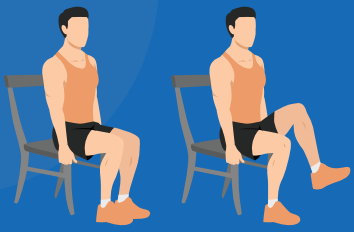
Complete while sitting in a chair or edge of bed

Straighten one leg, lifting it off the floor

Pull your toes up towards you

Hold for 3 seconds, then relax

Repeat 10 times on each leg



MARCHING

Complete while sitting in a chair or on the edge of a bed

March your knees up and down

Repeat 10 times