

Department of
PHYSIOTHERAPY

Postural Hypotension



Postural Hypotension

This educational material is brought to you by the following departments:

- Department of Physiotherapy
- Department of General Medicine
- Department of Geriatric Department

Postural hypotension is a common condition. It can be managed with simple lifestyle measures and occasionally, medications.

Please discuss with your healthcare provider which measures may be suitable for you.

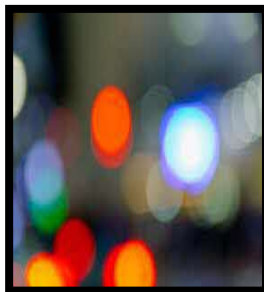
Postural Hypotension

1. Definition of Postural Hypotension

Postural hypotension is a sustained drop in blood pressure that can happen to some people when they sit up or stand up.

2. Signs and Symptoms

- Lightheadedness / Giddiness
- Feeling faint / Passing out
- Weakness
- Blurred vision

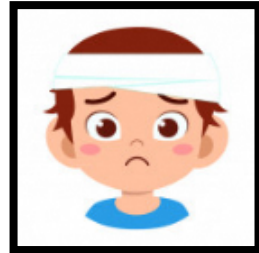


Postural Hypotension

3. Complications

Postural hypotension is a common cause of falls in older adults. This can lead to:

- Broken bones
- Head injuries

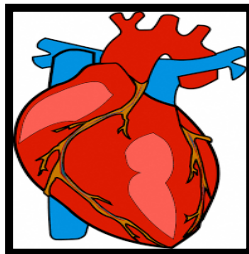


4. Common Causes

There are several causes of postural hypotension, including:

- Problems related to nervous system
- Heart condition
- Problems related to volume depletion
- Effects of medication

Please check with your doctor for your specific cause.



Postural Hypotension

5. Simple Ways to Reduce Postural Hypotension

Please discuss with your doctor before attempting any of these.

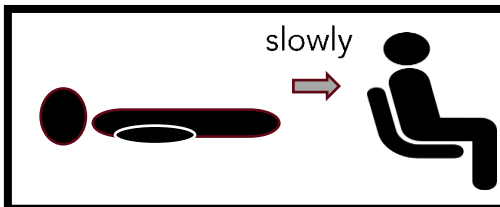
Things you can avoid:

- Alcohol
- Large meals
- Prolonged rest in bed
- Heat exposure, hot baths



Things you can do:

- Give your body time to adapt when changing positions. Sit up and stand up slowly.
- Drink enough fluids. Check with your doctor for the recommended volume.
- Sleep with your head / upper body elevated using pillows for support.
- Wear compression stockings and abdominal binder.



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5. Simple Ways to Reduce Postural Hypotension

- If you are found suitable to wear either one or both of the following, remember to wear them as often as you can.
- Remove them when you sleep.



Compression Stockings



Abdominal Binder

Postural Hypotension

6. Exercises and Counter Maneuvers

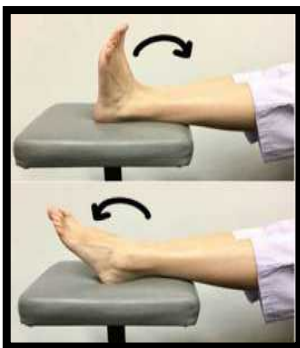
There are some common exercises that can help reduce postural hypotension. Do these exercises before getting up after prolonged periods of sitting or lying. Please consult your doctor / physiotherapist before attempting any of these exercises.

a. Cross your legs



In the sitting or standing position, cross your legs.

b. Ankle pumps



Before sitting or standing up, perform ankle pumps by bending your ankles forwards and backwards or upwards and downwards.

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6. Exercises and Counter Maneuvers

c. March on the spot



In a standing position, hold onto a stable object and march on the spot.

d. Calf raises



In a standing position, hold onto a stable object, raise your heels off the floor and lower them back down.

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6. Exercises and Counter Maneuvers

e. Prop up your legs



When sitting out, keep your legs raised on a stool.

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Scan the QR Code with your smart phone
to access the information online or visit
<http://bit.ly/TTSHConditions-Treatments>.

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