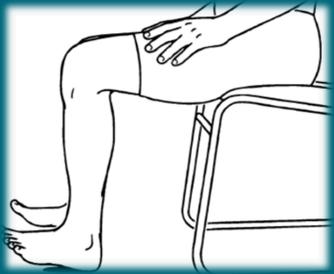


## Exercises to help symptoms

Complete these while sitting or lying,  
and before you stand up



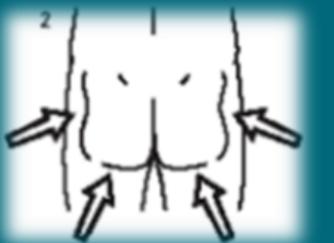
Sitting with your feet flat on the floor, lift your toes up with your heel still on the ground, then 'tap' them back onto the ground. Do this for 10 seconds, Repeat 3 times



Sitting with your feet flat on the floor, lift your heel off the floor on to your tiptoes, then lower your heels back to the ground. Do this for 10 seconds, Repeat 3 times



Sitting down march your legs briskly on the spot, repeat this for 10 seconds



You can complete this while lying, sitting or standing. Squeeze your buttocks together, hold for 3 seconds and relax. Repeat 10 times

# Postural Hypotension

Postural Hypotension - or orthostatic hypotension- is a sharp drop in blood pressure when rising from a seated or lying position



## What are the symptoms

Some people with postural hypotension may have no symptoms, but others do.

These symptoms can differ from person to person. Symptoms may include:

- Dizziness or lightheadedness
- Feeling like you are about to faint, pass out, or fall
- Headache, blurry or tunnel vision
- Feeling vague or muddled
- Feeling pressure across the back of shoulders or neck
- Feeling nauseous, hot or clammy
- Weakness or fatigue

## When might symptoms happen

- When standing or sitting up suddenly
- In the morning when blood pressure is naturally lower
- After a large meal or alcohol
- During exercise
- If straining on the toilet
- When you are ill
- If you become anxious or panicky

## What should I do to manage symptoms

- Get out of bed slowly. First sit up, sit on the side of the bed, then stand up
- Take your time when changing position such as getting up from a chair
- Try to sit down when washing, showering and dressing
- Exercise gently before getting up. This helps with blood flow. See overleaf for exercises that you can complete before sitting up or standing
- Do not walk if you feel dizzy
- Stay well hydrated. A glass of water before standing up can boost the blood pressure
- Drink 6-8 glasses of water or low calorie drinks each day - unless you have been told to limit your fluid intake
- You might find your symptoms are worse after a big meal. If so, try eating smaller more frequent meals
- Avoid taking very hot baths or showers
- Avoid excess alcohol as this can drop your blood pressure