

## Dysautonomia and POTS

### What is Concussion-Related Dysautonomia?

Dysregulation of the autonomic nervous system resulting in poor control of autonomic functions such as cardiovascular response to exercise. Symptoms include lightheadedness, dizziness, nausea, headaches, or syncope (fainting).

### What is Postural Orthostatic Tachycardia Syndrome (POTS)?

POTS is a form of dysautonomia related to poor autonomic control of heart rate and blood pressure upon standing up from a laying or seated position resulting in symptoms.

### What are the ways to treat Dysautonomia/POTS?

#### Exercise:

Cardiovascular exercise: Follow Active Rehab Protocol (ARP) as prescribed by your doctor.

#### Postural exercises (lower extremity):

1. Lunges
2. Wall sits
3. Supine and prone leg lifts
4. Lower extremity resistance training (per physician/therapist guidance)
5. Gradual “Lay to Stand” exercises following this sequence:
  - a. Laying on back
  - b. Heel slide
  - c. Sit up position
  - d. Lunge position
  - e. Rise to stand
6. Vestibular/Postural exercises (see Vestibular Exercise handout)

#### Nutrition:

- Increase salt intake 5 g/day
- Increase hydration 3-4 L/day
- Optimize nutrition and nutritional supplements (see Nutrition handout)

#### Medications:

Medications can be considered by your doctor when needed:

- Low dose beta blockers
- Florinef
- Midronine