

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