

POTS and Orthostatic Intolerance:

What You Can Do

Hydration

- 80 to 100 ounces of water or electrolyte-containing fluids daily.
- Start with 24 to 32 ounces of water first thing in the morning, within 10 minutes of waking up.

Aerobic and strength exercises

- Lower body strength exercises 3 to 5 days per week.
- Thirty minutes of aerobic exercise daily.

Compression stockings



Heat avoidance

- Consider using a cooling mat or towel, or bringing ice packs with you when it's hot outside.

Avoid caffeine or energy drinks



Focus on good sleep

- Wake up at about the same time every morning.
- No electronic devices/TVs/Computers or phones in the bedroom.
- Avoid blue light from electronics for two hours before bedtime.
- Consider a sleep medicine evaluation or cognitive behavioral therapy for insomnia.
- Try the CBT-I Coach App (US Department of Veterans Affairs).

Scan the QR code to access
Mayo Clinic's Cognitive
Behavioral Therapy-Insomnia
learning module.



Keep a symptom diary



Mental health evaluation and treatment

- All patients with POTS should be evaluated and treated by a mental health professional as there is a substantial mind-body connection in this disorder.
- Cognitive behavioral therapy (CBT) has been studied in POTS and is particularly beneficial. This counseling is done with a psychologist trained in the technique. CBT helps patients work to adapt to the POTS symptoms and be more functional in their daily lives. Mindfulness can also be helpful.

Tadasana (Mountain Pose in yoga)



For the Tadasana maneuver, stand straight with your feet together, arms by your sides (against a wall if you need support), and alternatively lift the front and back parts of your feet.

First, lift your toes with your weight resting on the balls of your feet, then after a few seconds, raise your heels with your weight on the front of the foot. After a few more seconds, lift your arms over your shoulders, breathing in deeply and slowly, stretching upward while standing on your toes. Breathe out slowly and lower the heels until your feet are flat on the floor. This sequence should take about two minutes. Movements should be slow, and your eyes should be open.

Patients should do this practice for 15 minutes twice a day. This should be done in a safe environment in case of dizziness or a fall. Keep plenty of space around you so that you do not hit your head or injure yourself if you fall.



Heart
Center