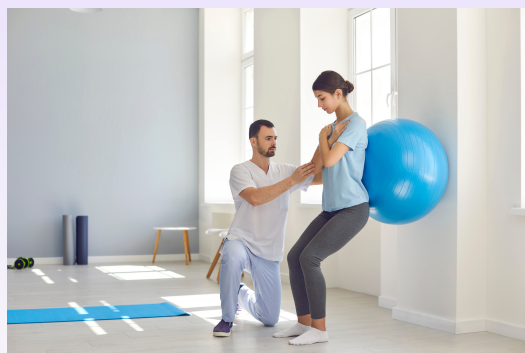
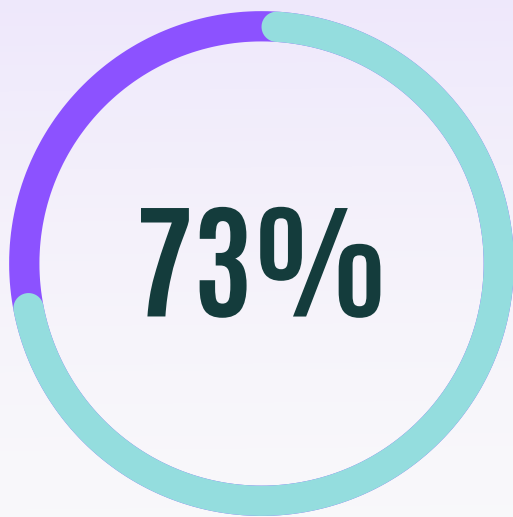


REHABILITATION IN POTS

POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME



Recent survey research shows that 73% of adults with POTS have never received occupational or physical therapy to treat POTS symptoms.

"Therapy services are too often underutilized in the POTS population, a group which has been ill-served by the medical system for too long. Rehabilitation shows promise for individualized care and functional gains."

Emily Rich, Researcher,
Occupational Therapist

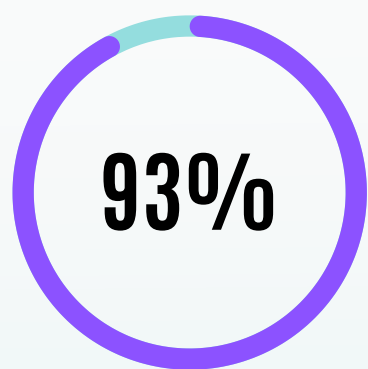
An average of 11 areas of daily life were impacted by POTS symptoms with the highest frequency in home management, bathing, shopping, social participation, and meal preparation/cleanup.



Individuals with POTS who experience falls in the year prior. One quarter of those who had fallen required medical attention due to the fall.



Participants reporting perceived level of daily function at a 5 or less on a 1-10 scale, where lower numbers indicate lower levels of function.



People with POTS reporting cognitive impairment at least once within a week time period.

TREATMENT:

The most helpful treatment strategies included:

- Increase salt and fluid (77%)
- Medications (63%)
- Exercise (35%)

The assistive tools most utilized included:

- Chair to sit (69%)
- Compression (67%)
- Shower chair or tub bench (41%)

For more information, follow OT Emily @EmilyRichOT

Rich, E., Vas, A., Parsons, T. D., Krone, R., Goodman, B. P. (2021). Functional status in postural tachycardia syndrome. *British Journal of Occupational Therapy*. DOI: 10.1177/03080226211031807

