

Orthostatic Hypotension

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CARDINAL PHYSICAL THERAPY
MOVEMENT HEALS



Before We Get Started

- Members of the Healthcare Team according to the Parkinson's Foundation
 - Neurologist
 - Speech Language Pathologist
 - Physical Therapist
 - Occupational Therapist
 - Social Worker
 - Nutritionist

What is Missing?

- Individuals Diagnosed with Parkinson's
- Caregivers



Objectives

- Empower those with a Parkinson's Diagnosis and their Caregivers



Objectives

- What is Orthostatic Hypotension
- What are some causes of Orthostatic Hypotension
- What are the signs of Orthostatic Hypotension
- How is Orthostatic Hypotension diagnosed
- What are the steps to take if you are concerned about Orthostatic hypotension



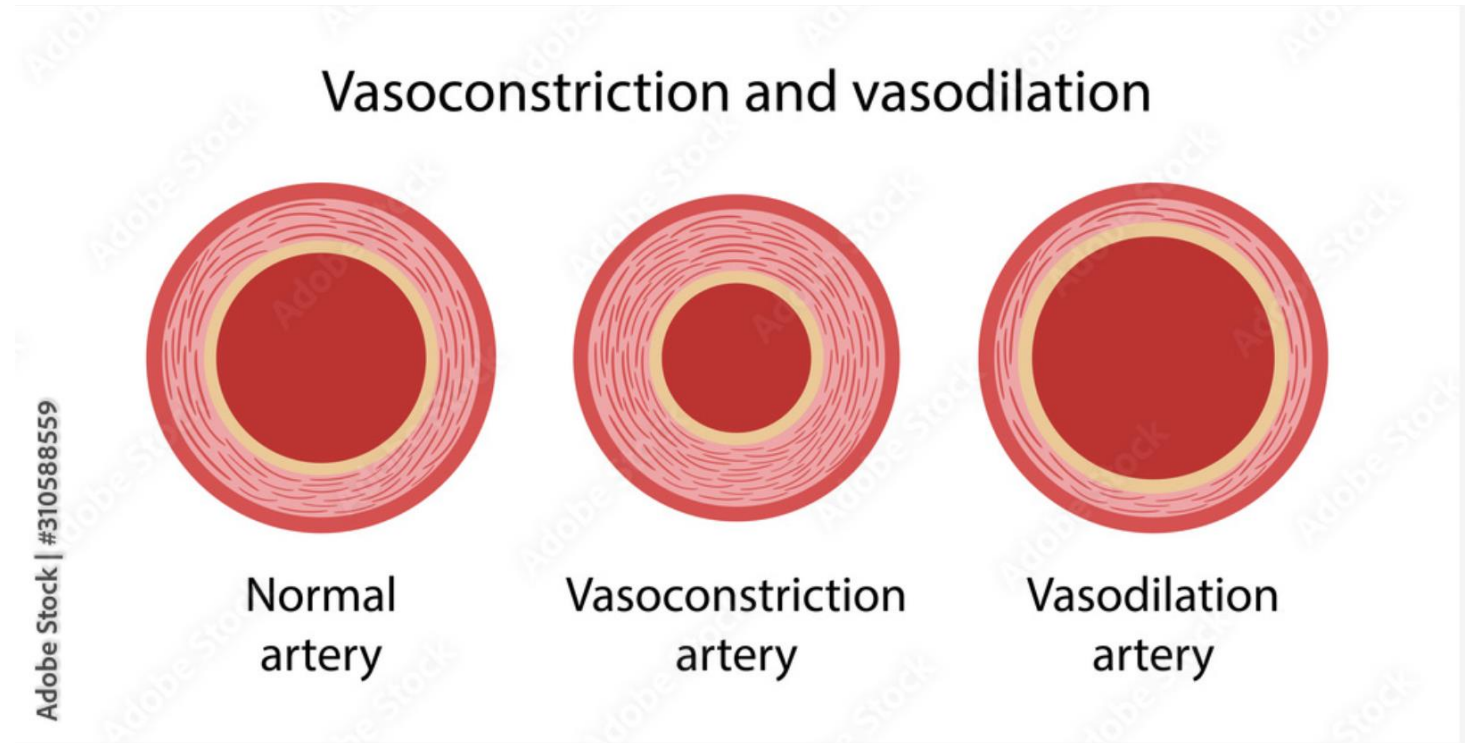
What are signs of Orthostatic Hypotension

- Orthostatic Hypotension
 - Dizziness
 - Lightheadedness
 - Leg buckling
 - Blurry vision



What is Hypotension

- Hypotension is a drop of blood pressure.
- Blood pressure is affected by the diameter of the blood vessels in the body.



What is Orthostatic Hypotension?

- Also known as postural Hypotension
- Is a form of low blood pressure
- Most commonly occurs when standing up after sitting or laying down.
- May affect between one third and one half of those diagnosed with Parkinson's



Three Types of Orthostatic Hypotension

- Neurogenic Orthostatic Hypotension
 - Neuro: Nerve
 - Genic: Beginning
 - Changes in stretch receptors of blood vessels
- Medication induced
 - Anti-hypertensives
 - Medications with secondary side effects
- Hypovolemia
 - Hypo: Below
 - Volemia: Volume
 - Decrease of volume of blood in the system most commonly associated with hydration levels

What is Blood Pressure



Systolic Pressure (the top number) the pressure in the blood vessels when the heart contracts



Diastolic Pressure (the bottom number) the pressure remaining in the blood vessels when the heart fills.

120_{systolic}

80_{diastolic}

Volunteers?



How is Orthostatic Diagnosed

- Gold Standard is Head-up Tilt-Table
- Orthostatic Hypotension occurs when the systolic pressure (top number) drops 20 points or the diastolic pressure (bottom number) drops 10 points after going from lying down for >5 minutes to standing.





What to do?

- Rise slowly
- Sleep with head elevated



What to do?

- Take precautions during showers
 - Not overly hot water
 - Sit during the shower
 - Have a caregiver near by



What to do?

- Stay hydrated
 - Recommendation is 64 ounces or 2 liters per day
 - Eat smaller and more frequent meals (also called postprandial hypotension)
 - Avoid alcoholic beverages



What to do?

- Discuss your medications with your doctor.
 - DO NOT ADJUST without Doctor's approval
 - Make a list of medications, dosage, and the prescribing provider
 - List of medications that can lower blood pressure
 - Antidepressants
 - Prostate
 - Cardidopa/Levidopa
 - Heart medications (antihypertensives, nitrates, and Monoamine oxidase inhibitors)
 - Diuretics



Steps to Take

- Schedule an appointment with a medical provider
- Before the Appointment
 - Make a list of your symptoms
 - Try to notice when they occur
 - Create a list of medications and dosages



At your Appointment

Questions you can ask

- Could this be caused by the medications I am taking?
- Should I add salt to my water?
- Would compression garments help me?
- Can I get a prescription for Physical Therapy?



Why exercise?

- Encourages blood flow
 - 70% of blood volume in the body is stored in the veins
 - Veins require the assistance of skeletal muscles to return the blood to to heart.



How does Physical Therapy support me?

- Identify safe exercise for YOU
- Not all PT is the same
 - Look for
 - LSVT-BIG certified providers
 - PWR certified providers



What changes will I see when I go to physical therapy?

- Less dizziness
- Feel stronger
- More stability when coming to stand
- Feeling of confidence when moving



Summary

- There are three types of Orthostatic Hypotension (neurogenic, hydration, and medicine induced) and they can all affect one diagnosed with Parkinson's
- Symptoms include dizziness and lightheadedness when changing positions, typically sitting to stand
- You and your caregiver's have the power to identify and advocate to your healthcare time



Thank You!

If you would like a copy of these materials stop by the Cardinal Physical Therapy booth and we will connect you.

References

Fanciulli et. al "Management of Orthostatic Hypotension in Parkinson's Disease." *NIH*.

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Isaacson et.al "Neurogenic Hypotension in Parkinson's Disease: evaluation, management, and emerging role of dyypoxia. <https://pubmed.ncbi.nlm.nih.gov/24729712/>

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<https://www.parkinson.org/blog/research/vertigo>

Okun "If you are Dizzy or Passing out, it could be your Parkinson's Disease or your Medications.

<https://www.parkinson.org/blog/research/passing-out>