

# Orthostatic Hypotension

**Overview:** Orthostatic hypotension is defined by a drop in blood pressure of a least 20mmHg for systolic blood pressure and at least 10mmHG for diastolic blood pressure within 3 minutes of standing up

Orthostatic Hypotension	
Patient should be supine five minutes	mmHg
Transfer to sitting edge of mat for three minutes	mmHg
Transfer to standing for three minutes	mmHg

## Test:

- 1) Patient should be supine for 5 minutes
- 2) Record blood pressure in supine: \_\_\_\_ mmHg
- 3) Transfer to sitting edge of mat
- 4) Record blood pressure in sitting after 3 minutes: \_\_\_\_ mmHg
- 5) Transfer to standing
- 6) Record blood pressure in standing after 3 minutes: \_\_\_\_ mmHg

## Outcome:

-Positive test: a drop in blood pressure of a least 20mmHg for systolic blood pressure and at least 10mmHG for diastolic blood pressure within 3 minutes of standing up

## Reference:

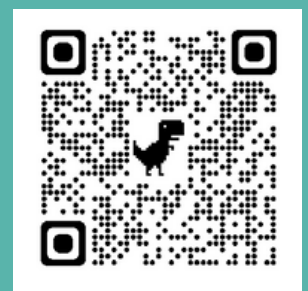
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## ANPT Concussion/mTBI Knowledge Translation Task force

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### Clinical Practice Guideline Physical Therapy Evaluation and Treatment After Concussion/Mild Traumatic Brain Injury

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