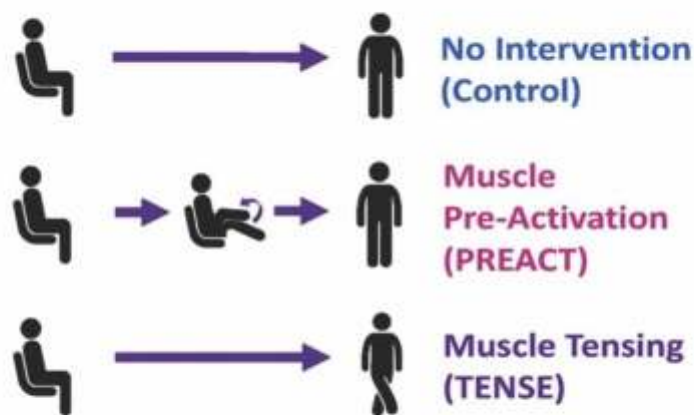


## In Hypertension

**Reference:** Heart Rhythm Society. 2022

Lower body muscle preactivation and tensing mitigate symptoms of initial orthostatic hypotension in young females

Sheikh et al IOH: Muscle Preactivation and Tensing



Schematic diagram of the 3 interventions: no intervention (Control), lower body muscle preactivation (PRACT), and lower body muscle tensing (TENSE).

Nasia A. Sheikh, et al

Initial orthostatic hypotension (IOH) is a state of orthostatic intolerance characterised by a transient decrease in blood pressure upon standing. IOH is managed by slow stand up or to reduce body muscle tensing (TENSE) after standing. IOH is mostly due to a large muscle activation response resulting in excessive vasodilation with a refractory period-2, minutes. So, pre activating lower body muscles (PRACT) before standing will reduce the drop in mean arterial pressure (MAP) upon standing and improve pre syncope symptoms Thus PRACT or TENSE are the approaches to alleviate symptoms of IOH.

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