

# Living with POTS

## Rehabilitation

### Managing your condition

#### What is POTS?

**Postural Orthostatic Tachycardia Syndrome (POTS)** is a condition that *affects the body's autonomic nervous system*. This systems controls unconscious functions like:

- Heart rate & Blood Pressure
- Digestion & Gut Function
- Temperature & Sweat Function

In people with POTS, poor autonomic control can produce a wide range of symptoms. The most obvious and common being **dizziness** and a **rapid heart rate** when **changing positions**. An example would be feeling dizzy every time you move from lying down to standing up.



#### Who gets POTS?

POTS can affect individuals of any age, sex, or background however, it is more *commonly diagnosed in women*, particularly those between the age of **14-50 years**.

While the exact cause of POTS is not always clear, certain **environmental triggers** such as viral infection, neck trauma and times of hormonal change (such as pregnancy) may increase the risk of developing the condition.

Individuals with a history of certain conditions such as Ehlers-Danlos syndrome, migraine, endometriosis and autoimmune disorders appear to be more predisposed to developing POTS.

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### What are the symptoms of POTS?

Living with POTS can be difficult, as symptoms often **differ widely between individuals** and may **change from day to day**. Some people experience mild, manageable effects, while others face more severe symptoms that can significantly disrupt daily life. It's important to recognize that POTS is a **complex condition**, and not everyone experiences its impact the same way.

### Symptoms may include:



Dizziness or Light-Headedness



Rapid Heartbeat



Difficulty Concentrating,  
Vision Changes



Nausea, Headaches,  
Temperature Regulation



Gastrointestinal &  
Bladder Problems



Dry Eyes & Mouth

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#### How is POTS treated?

Living with POTS presents challenges, but **effective management strategies** can reduce symptoms.

Treatment approaches typically involve:

##### Lifestyle Modification:

- Increase salt and water intake
- Wear compression garments from ankle to high waist
- Monitored and individualised movement program



##### Medication:

- Take all medications prescribed and managed by a doctor such as ivabradine, midodrine, fludrocortisone or low-dose propranolol



##### Supportive measures:

- Employ mindfulness techniques
- Foster emotional wellbeing
- Manage nutrition and get adequate sleep
- Seek psychological support to adjust to managing a chronic illness



##### Avoid Triggers:

- Hot environments, large carbohydrate meals, caffeine or alcohol
- strenuous activity, long periods of inactivity, and high stress environments



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## Rehabilitation

**Reconditioning the Heart. Restoring Control. Rebuilding Life.**

### Programme Overview

At **PhysioVitaе**, we deliver a structured, evidence-based rehabilitation programme designed for individuals with **Postural Orthostatic Tachycardia Syndrome (POTS)**.

This programme is adapted from internationally recognised protocols and enhanced with:

- Lifestyle medicine integration
- Wearable-guided training
- Specialist collaboration (Cardiology / Autonomic clinics)
- Progressive functional reconditioning

Our goal for you:

**Improve cardiovascular tolerance, reduce symptoms, and restore quality of life.**

### Core Philosophy

#### Recondition the Heart:

- Gradual cardiovascular loading improves stroke volume
- Enhances autonomic regulation



#### Restore Circulatory Efficiency:

- Lower limb strength acts as a “peripheral pump”
- Improves venous return and reduces symptoms

#### Build Upright Tolerance:

- Progression from horizontal → upright function
- Reduces orthostatic symptoms over time



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### Programme Structure

#### Phase 1: Foundation (Week 1-8)

**Goal:** Stabilise symptoms & build tolerance

- Recumbent cardio (bike, rowing, swimming)
- Low-intensity intervals
- Core + lower limb activation



#### Phase 2: Transition (Weeks 9-16)

**Goal:** Introduce upright tolerance

- Upright bike → elliptical → treadmill
- Controlled heart rate training
- Progressive strength loading



#### Phase 3: Functional Conditioning (Weeks 17-24)

**Goal:** Return to real-world function

- Incline walking / jogging
- Interval training
- Daily activity integration



#### Phase 4: Performance & Maintenance

**Goal:** Long-term independence

- Hybrid cardio + strength
- Lifestyle integration
- Self-managed training



*Note: The timeline illustrated here should be used as a guideline only. The recovery process may differ for individuals according to their specific medical condition*

# Living with POTS Rehabilitation



Learn how to manage your condition with us today!

## Meet Our Professionals



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