

WHAT IS TILT TRAINING

1. The aim of tilt training is to restore the imbalance in the functioning of the parasympathetic and sympathetic nervous systems.
2. The patient will be placed against a tilt table under the supervision.
3. In this way, orthostatic stress is imposed, complaints are provoked, and the desired training effects are obtained.
4. Patient takes a seat on the tilt table and is secured to the table with 2 straps to prevent falls.
5. Monitors are applied to monitor the heart.
6. The table is lowered to a 15-20° degree angle.
7. During tilt training, heart rate and heart rhythm are continuously monitored.

HOW DOES TILT TRAINING HELP?

Tilt Training can be beneficial in following ways:

1. **Improved Autonomic Regulation:** Tilt training helps to retrain the autonomic nervous system, which regulates heart rate, blood pressure, and other involuntary functions. By gradually increasing the time spent upright and in different tilt positions, the body can improve its ability to maintain blood pressure and heart rate when standing.
2. **Enhanced Blood Volume Regulation:** Regular tilt training can improve the body's ability to regulate blood volume and pressure. This can help address issues with blood pooling in the lower extremities, a common problem in POTS. Over time, the body becomes better at managing blood distribution and maintaining adequate blood pressure upon standing.
3. **Reduced Sympathetic Nervous System Overactivity:** POTS often involves excessive sympathetic nervous system activation (fight-or-flight response) that can exacerbate symptoms like rapid heart rate and dizziness. Tilt training can help normalize this overactivity by gradually desensitizing the autonomic nervous system to changes in posture.
4. **Increased Orthostatic Tolerance:** The gradual and controlled exposure to different tilt positions helps build tolerance to orthostatic changes (i.e., changes from lying to standing). This improved tolerance can help reduce the frequency and severity of symptoms like lightheadedness and palpitations that occur upon standing.
5. **Enhanced Cardiovascular Fitness:** Tilt training often involves exercises that promote cardiovascular fitness and strengthen the cardiovascular system. Improved cardiovascular health can contribute to better overall blood pressure regulation and reduced symptoms of POTS.

ADDITIONAL INFORMATION

1. Typically, tilt table training may be done 2 and if possible up to 3 times per week twice a day at the beginning of the therapy.
2. It's important to monitor symptoms closely and adjust the training regimen if symptoms worsen or if there are signs of intolerance. The training should be balanced to avoid exacerbating symptoms.

3. You can consider using an inversion table (price 150-200 dollars) set the inversion angle at 15-20 degrees. Use the upright portion of the inversion table for tilt training. Make sure you use straps (Innova ITX 9800) has straps so you do not fall in front.
4. Tilt table training is a therapeutic approach designed to help patients with POTS and similar conditions by gradually exposing them to changes in posture to improve their ability to tolerate standing and manage symptoms. It is typically used alongside other treatments and lifestyle modifications to provide comprehensive management of the condition.