



Instructions for the Passive 10-Minute Standing Test

Purpose of the test

Der passive 10-Minuten-Stehetest dient dem Nachweis einer orthostatischen Intoleranz – also einer Art
The passive 10-minute standing test is used to demonstrate **orthostatic intolerance**—a dysfunction of circulatory regulation that can occur in conditions such as **POTS**, **orthostatic hypotension**, or other forms of autonomic dysregulation.

Preparing the patient

- Perform the test **in the morning**.
- Patient **fasting, no morning medications**—unless explicitly agreed otherwise (e.g., for therapy monitoring).
- Wear **athletic trousers/pants with a loose waistband**.
- **No physical or emotional stress** before the test.

Room conditions

- Room temperature: **20–24 °C**
- **Quiet environment** without disturbances
- Keep the **distance between the exam couch/bed and the wall as short as possible** (max. 5 steps)



Materials

- Blood pressure cuff (correct size, positioned at heart level)
- Pulse oximeter (not on the same limb as the blood pressure cuff)
- Stopwatch or a clock with minute display
- Protocol form template

Procedure

1. 5 minutes supine (lying): Patient lies quietly; no measurement.
2. Start measurements (blood pressure & pulse):
 - 5 minutes supine with measurements every minute
 - Then 10 minutes of leaning standing (shoulders against the wall, feet 5–10 cm away)
 - Then 5 minutes supine with measurement
 - Document all readings and symptoms

Symptom monitoring

- The patient **spontaneously reports any symptoms** (e.g., dizziness, weakness, palpitations).
- The examiner **documents observable signs** (e.g., tremor, pallor, unsteady stance).

Notes

- **Avoid speaking** as much as possible during measurements.
- **Consider stopping the test** if severe symptoms or circulatory instability occur.
- **Record all data** on the protocol form.