

Acute Services Division



Information about  
**Tilt-Training for Patients  
with Vasovagal Syncope**

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This leaflet will give you and your family some information about Tilt-Training for patients with Vasovagal Syncope.

## **What is Tilt-Training?**

Tilt-training is a physical treatment for patients who suffer from repeated fainting episodes from a condition called Vasovagal Syncope or simple faints.

You stand with your back against a wall with your feet 15cm (six inches) from the wall for 40 minutes.

Stop immediately if you feel light headed or experience any other symptoms. Lie down and raise your feet slightly to avoid blacking out as quickly as possible.

## **How often and how long?**

You should try to do tilt-training at least 6 days per week. We would normally recommend that you try this for at least one month. However, you may need longer if you are finding it hard to stand for 40 minutes without having any symptoms.

## **Does it really work?**

A few small studies have shown that tilt-training reduces the likelihood of future fainting episodes with patients with vasovagal syncope. However, as it is quite time-consuming, it is only likely to be effective if you are willing to do tilt-training regularly.

## **How does it work?**

We still don't know for sure how it works. We believe that this treatment gradually increases your body's ability to stay upright. A study by the Falls and Syncope Service suggests that it improves the reaction of the nerves that control your heart rate and blood pressure.

## **Why was I recommended this treatment?**

We would normally recommend this treatment after you have tried the more conventional treatments e.g. medication, as it is not a fully tested treatment.

## **What special precautions do I have to take?**

We always recommend that you have someone at home with you when you do tilt-training if possible. Find a safe area with no surrounding furniture or obstacles, so you won't get hurt if you do fall over during training.

**As soon as you feel any symptoms at all: you must stop immediately, lie down and raise your feet slightly.**

If you do not normally experience any warning symptoms before your blackouts, this may not be the right treatment for you. Please speak to your doctor about this.

## **What are the potential risks?**

Tilt - training may bring on symptoms that you have experienced before. There is a chance you may blackout which is why we ask you to train in a safe environment.

## **We hope that this leaflet has been helpful.**

This information is intended as a guideline, the doctors, nurses, physiotherapists and occupational therapists will be happy to answer any questions you may have. Please don't hesitate to contact us:

### **Contact Information:**

Doctor Mitchell's secretary of the Falls and Syncope Service

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during working hours

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