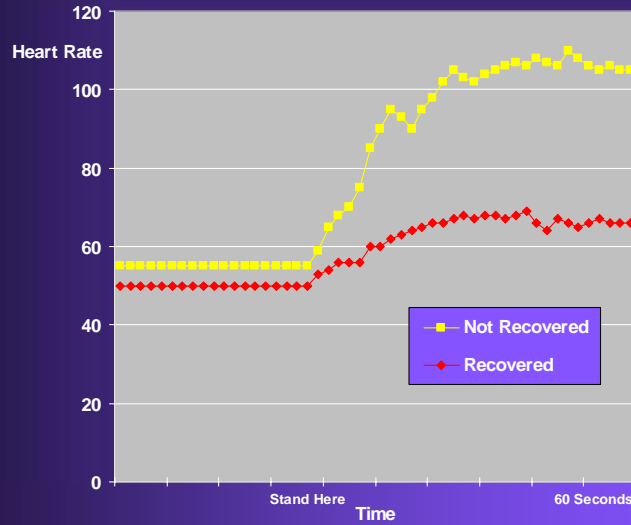


# Orthostatic Heart Rate



Recovery

ABC Slide Show

5

ABC Heart Rate and Recovery Slide Shows.

As one stands from a lying position, heart rate rises. This positional difference in heart rate, or orthostatic heart rate, is one of the best indicators of dehydration and is a more sensitive indicator of lack of recovery than resting heart rate.

A rise in heart rate of up to 20 beats per minute is normal.

Heart rate rise is less from the seated to standing position.

A heart rate monitor may make this measurement easier.