

Name:

Date of birth:

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## Grading - Level of Orthostatic Intolerance

Use the Grading Scale on the bottom of the page to rate your level of orthostatic intolerance.

Date: \_\_\_\_\_ Your Level of OI Grade: \_\_\_\_\_ Comments: \_\_\_\_\_

Date: \_\_\_\_\_ Your Level of OI Grade: \_\_\_\_\_ Comments: \_\_\_\_\_

Date: \_\_\_\_\_ Your Level of OI Grade: \_\_\_\_\_ Comments: \_\_\_\_\_

Date: \_\_\_\_\_ Your Level of OI Grade: \_\_\_\_\_ Comments: \_\_\_\_\_

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### Grading of Orthostatic Intolerance

#### Grade 0

Normal orthostatic tolerance

#### Grade I

Orthostatic symptoms are infrequent or occur only under conditions of increased orthostatic stress. Patient is able to stand less than 15 minutes on most occasions. Subject typically has unrestricted activities of daily living.

#### Grade II

Orthostatic symptoms are frequent, developing at least once a week. Orthostatic symptoms commonly develop with orthostatic stress. Subject is able to stand less than 5 minutes on most occasions. Some limitation in activities of daily living is typical.

#### Grade III

Orthostatic symptoms develop on most occasions and are regularly unmasked by orthostatic stresses. Subject is able to stand less than 1 minute on most occasions. Patient is seriously incapacitated, being in bed or wheelchair. Syncope is common if patient attempts to stand. Symptoms may vary with time and state of hydration as well as other circumstances. Orthostatic stresses include prolonged standing, meals, exertion, and head stress.

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**Reference:** Created and tested - Low P, Opfer-Gehrking T, Textor S, Benarroch E, Shen W, Schondorf R, Suarez G, Rummans T. Postural tachycardia syndrome (POTS). *Neurology*. 1995;45:519–525.