

# AUTONOMIC DYSREFLEXIA

## WHAT IS AUTONOMIC DYSREFLEXIA?

Autonomic Dysreflexia is characterized by an abnormal, overreaction of the autonomic nervous system in response to a stimulus and is a life threatening medical emergency.

## POSSIBLE CAUSES



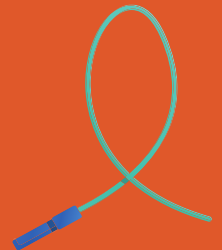
**HOT  
TEMPERATURES**



**INJURY OR PAIN**



**TIGHT CLOTHING**



**TWISTED CATHETER**

## SIGNS AND SYMPTOMS

- Symptoms to look out for include:
- Intense headache or migraine
- Elevated blood pressure
- Profuse sweating
- Bradycardia (or low heart rate)
- Gooseflesh
- Red blotches on the skin
- Nasal stuffiness

## HOW TO RESPOND

Keep the athlete upright and avoid laying down or bringing the head down towards the lower body

Loosen tight clothing or constrictive devices

Check for injuries, such as cuts, burns, or skin irritation