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Nota di contenuto	Contents; Acknowledgements; Co-authors and their Current Affiliations; 1. Introduction; 2. Management of Vasovagal Syncope: Controlling or Aborting Faints by Leg Crossing and Muscle Tensing; 3. Leg Crossing, Muscle Tensing, Squatting and the "Crash-position" are Effective Against Vasovagal Reactions Through Increases in Cardiac Output; 4. Leg Crossing Improves Orthostatic Tolerance in Healthy Subjects: a Placebo Controlled Cross-over Study; 5. Lower Body Muscle Tensing Diminishes the Blood Pressure Decrease Upon Standing From Squatting in the Post-vasovagal State 6. Management of Initial Orthostatic Hypotension: Lower Body Muscle Tensing Attenuates The Transient Arterial Blood Pressure Decrease Upon Standing From Squatting 7. Conclusions; Samenvatting (Dutch Summary); References; Abbreviations
Sommario/riassunto	Paul Krediet shows how physical manoeuvres can prevent vasovagal syncope and near syncope from initial orthostatic hypotension.