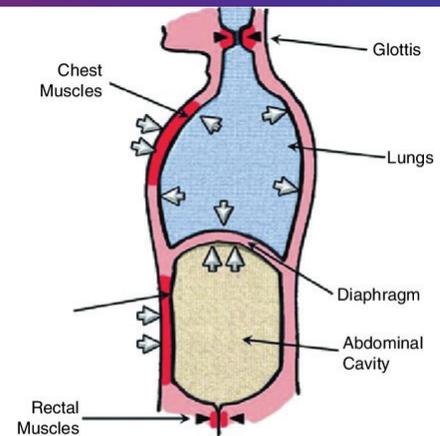


The Valsalva Maneuver Explained

Valsalva is the forceful expiration of breath against a closed nose and mouth

Correct adequate performance is often missed, especially in the interrogation of Hypertrophic Obstructive Cardiomyopathy (HOCM) due to:

- 1 Misunderstanding of the hemodynamic phases of Valsalva
- 2 Patient understanding of techniques to perform Valsalva



Know Which Phase is Used to Evaluate Dynamic Left Ventricular Outflow Tract (LVOT) Gradient

- 1 PHASE 1:** Rise in blood pressure due to increased intrathoracic pressure and expel of blood from the left atrium, drop in heart rate.
- 2 PHASE 2:** Between 5–15 seconds there is a decrease in venous return — decrease in cardiac output and blood pressure (Dynamic LVOT Gradient).
- 3 PHASE 3:** Valsalva ends, quick decrease in intrathoracic pressure and marked increase in venous return, increasing right atrial pressure (PFO).
- 4 PHASE 4:** Increase of aortic pressure — decrease in heart rate.

