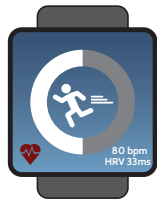
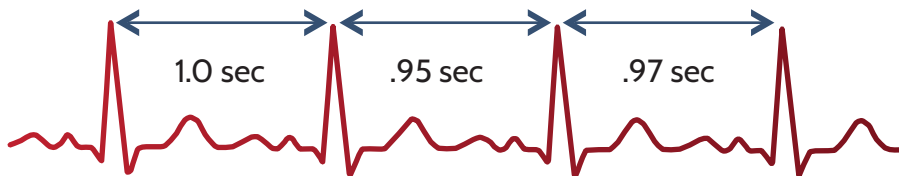


HEART RATE VARIABILITY (HRV)

WHAT IS HEART RATE VARIABILITY?

- It is the difference in time between heart beats
- It can indicate how your autonomic nervous system is functioning
- It can help you with pacing activities to prevent post-exertional malaise (PEM/PESE)



HOW CAN I TRACK MY HRV?

- Multiple devices track HRV including
 - Oura ring, Whoop, Apple watch, Garmin, etc.
- Multiple apps can record HRV by:
 - Scanning HR using your phone camera
 - Syncing with your wearable device
 - Try Visible at www.makevisible.com

HOW DO I INTERPRET THE HRV INFORMATION?

- High HRV can indicate low stress on the body
- Low HRV can indicate high stress on the body (e.g., exertion, PEM, illness, injury)
- If your HRV is increasing over time, it may indicate healing or improved fitness



Example of HRV over time

HIGH HRV	LOW HRV
“Rest & Digest”	“Fight or Flight”
Improved Recovery	Decreased Recovery
High Adaptability	Low Adaptability
Increased Energy/Performance	Poor Performance/Easily Exhausted
Decreased Stress on the Body	Increased Stress on the Body

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