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| Strength training:   * Strengthening muscles around a hypermobile joint can increase joint support and reduce pain * Focus on exercises with either the foot or arm in contact with a stable surface, such as squats or pushups * Maintaining good posture is also important to prevent injury * Strengthen core to provide overall stability * Use low resistance and high repetitions | **Additional Resources:**  The Ehlers-Danlos Society- available at <https://www.ehlers-danlos.com/>  Includes support groups and EDS helpline | Managing your Ehlers-Danlos Hypermobility Type (hEDS) Compiled by Leslie Rainey UNC-Chapel Hill Division of Physical Therapy |
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| Balance exercises:   * Balance exercises can increase body awareness and decrease risk of falling * Do these exercises with someone present to supervise! * Stand with feet together or on one leg, with eyes open or closed   Other beneficial treatments:   * Aquatic therapy * Massage * Acupuncture * Relaxation training | What healthcare providers should I see?   1. A **physical therapist** can create an individualized treatment plan to manage your unique symptoms and provide hands-on treatment and guidance 2. Your **primary care physician** can prescribe medications to relieve pain 3. A **mental health specialist** if you are experiencing anxiety, depression or other mental health concerns 4. An **occupational therapist** can give you recommendations for energy conservation and tips for how to complete your daily chores and activities | hEDS is a lifelong condition, however the symptoms can be managed with exercise, education and medication. |