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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 RaineyUNC-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. |