

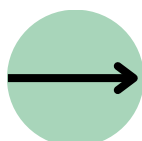
# REHABILITATION IN HYPERMOBILITY

NAVIGATING THE HEALTHCARE SYSTEM CAN BE CHALLENGING

## WHERE DO I START?

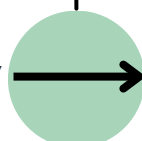
### TYPES OF REHABILITATION SERVICES

#### PHYSICAL THERAPY



- Education on pain management techniques
- Education on low impact exercise to protect joints
- Provide relaxation and mindfulness techniques

#### OCCUPATIONAL THERAPY



- Modify activities to avoid strain
- Recommend adaptive equipment for daily activities
- Support mental wellness and stress management
- Create orthotics to protect joints and promote function

### HOW TO FIND THE RIGHT PROVIDER FOR YOU



Do they have experience with hypermobility?



Do they collaborate with other healthcare professions?



Do they listen to your concerns?



Are they willing to learn about hypermobility?

CLICK THE LINK BELOW TO SEARCH FOR HEDS/HSD PROVIDERS IN YOUR AREA



[THE EHLERS-DANLOS SOCIETY HEALTHCARE PROFESSIONALS DIRECTORY](#)

### WHAT CAN I DO AT HOME?

#### ● Pace Yourself

- Stop to rest before you feel tired
- Do not plan many big activities in one day
- Break large tasks into smaller ones
- Prioritize resting as part of a daily routine

#### ● Modify Exercise

- Complete exercises while sitting or laying down
- Focus on low impact methods like Pilates
- Alternate muscle groups to help recovery
- Complete “closed chain” exercises

#### ● Healthy Habits

- Schedule routine visits with your doctor
- Maintain a balanced diet
- Practice stress management techniques
- Exercise regularly

### ADDITIONAL RESOURCES



@EmilyRichOT



Too Flexible To Feel Good



The Zebra Club: Virtual Pilates



Clarkson University Educational Videos