

Mind-Body Strategies for Hypermobility with Chronic Pain – a movement and mindfulness-based program and support group

Thursdays at The Mindfulness Center in Bethesda, MD from 12 pm-2 pm!

About our program:

This weekly movement and mindfulness-based program and support group is the extension of the [four classes that we held in November 2016](#). Additionally, this program and our series of 4 classes in November, will serve as the foundation for our online Mind-Body Strategies for Hypermobility with Chronic Pain program -- which we will continue to develop while holding our weekly support group. The online Mind-Body Strategies for Hypermobility with Chronic Pain program is a collaboration between EDS Wellness, Dr. Clair Francomano and Dr. Deborah Norris of [The Mindfulness Center](#). Once the program has been developed, we will gather the feedback that we've received from our weekly program, along with research that's been conducted, which will help us with the recording of the content for the online program (*weekly classes/meetings will not be part of the content that we record*).

Our plan is to launch our online program, along with a community support page, sometime in late spring/early summer 2017. A research publication will follow, summarizing the findings of our research and program.

To register for our [Mind-Body Strategies for Hypermobility with Chronic Pain Program and Support Group](#) on Thursday's from 12 pm-2pm at [The Mindfulness Center](#), please go to [Register for EDS Wellness' Mind-Body Class and Support Group](#).

Class/Support Group Overview:

- Welcome to all levels of yoga practice and degrees of mobility.
- 2 hrs 1x a week (schedule permitting)
- Weekend workshops will be offered when possible for those

who cannot attend weekly sessions.

- Not meant to replace other support group meetings. We are not here to compete or take-away the work and support provided by others in our community. We are here to work together to provide options, specifically those focused on movement, mindfulness and lifestyle-focused strategies and integrative therapies for the management of chronic pain and other ailments related to hypermobility syndromes such as Ehlers-Danlos syndrome, and its comorbidities.
- Yoga practices will focus on various types of yoga, and include restorative exercise and natural movement principles. We will also discuss physical therapy, other main stream types of exercise and ways to workout, continue a physical therapy program and move more at home and throughout our daily life – even for “*Just 5 Minutes*” a day.

Class Format/Structure:

- Start with Introductions, quick overview of goals for class, info on type of practice that week, questions, concerns, etc.
- Practice and Meditation – we will move each class. Some days more than other days, but we will move each class. Aprox. time for practice and meditation = 1hr each class. Possibly broken up into beginning and end of class (wrap-up & close)
- Support group discussion – focus on a specific topic each week
- Close and wrap-up with breathing and mindfulness exercise to end on a calm, positive vibe.
- Facebook group to continue dialogue, asks questions, share information and resources, and help provide continued support and momentum when not in class.

Examples of program topics covered and types of yoga practices that we will enjoy, in addition to our support group discussions and regular practice:

Intro to basic principles of mindfulness, yoga, and biology of hypermobility, including a short chair yoga demo.

“Practicing Yoga safely with Hypermobility” - Instruction on positions and modifications with hypermobility with gentle flow yoga practice.

Discuss Dr. Francomano’s study on mindfulness for hypermobility at NIH and John Kabat-Zinn's mindfulness program, including meditation/restorative yoga practice.

“Vinyasa Flow for Hypermobility with Chronic Pain” – A quicker paced, yet restorative practice. We will be moving for a full 60 mins. All levels welcome.

A few other key announcements about our programs - both virtually and in-person:

- Virtual attendance for our [*Mind-Body Strategies for Hypermobility with Chronic Pain Class and Support Group*](#) is a possibility. We are working on the details and will make an announcement when virtual attendance is possible.
- For those who are local and cannot attend our Mind-Body Support Group Program and Class on Thursdays from 12 pm-2 pm, we will be holding weekend workshops at The Mindfulness Center shortly. Our weekend workshops will be offered as time and space allow; however, when we can secure our first date, we make sure to post details. Weekend workshops will vary in topic and focus, but we will try to offer seminars and programs that meet the different needs of the members of our community.
- Documents and resources from our first series of four classes are available on EDS Wellness’ main [*Mind-Body Strategies for Hypermobility with Chronic Pain*](#) page.

About Hypermobility Syndromes

In February of 2016, EDS Wellness was created to promote health education, public health initiatives, integrative healthcare, and wellness strategies for living well with hypermobility syndromes, such as Ehlers-Danlos syndrome (EDS) and their comorbid conditions. EDS Wellness has touched the lives of thousands of hypermobility syndrome patients through our numerous projects. There is still work

to be done! Hypermobility patients continue to suffer due to misinformation, medical mistakes, and from a general lack of awareness of these diseases.

The exact cause(s) of joint hypermobility is unknown. “*Loose joints*” are believed to be caused by various mutations to one or more of the components that help build our connective tissues. Research suggests that both genetic and epigenetic factors play a role in the presentation and severity of symptoms associated with joint hypermobility. In some individuals, joint hypermobility is an indication of a type of hypermobility syndrome, such as Ehlers-Danlos syndrome – hypermobility type (EDS-HT). Hypermobility syndromes are classified as heritable connective tissue disorders or connective tissue diseases.

There are several types of hypermobility syndromes. Ehlers-Danlos syndrome (EDS) is a hypermobility syndrome. Ehlers-Danlos syndrome – Hypermobility Type, is one of six types of EDS. EDS is a group of heritable connective tissue disorders caused by mutations to either the structure or function of collagen. While researchers are still searching to understand the full complexities of EDS, it is certain that most forms of EDS can cause a broad spectrum of multisystemic dysfunction. Additionally, some EDS researchers speculate that Ehlers-Danlos syndrome – Hypermobility Type may be the most prevalent connective tissue disorder in the world.

‘Experts estimate that up to 10% of the general population may have some degree of hypermobility, with women affected about three times more often than men. Most hypermobile people do not develop any problems from their loose joints, but some suffer chronic pain and other symptoms. Those who do experience chronic joint pain and other symptoms related to their hypermobility or to the looseness of other tissues that often accompanies hypermobility have a condition called joint hypermobility syndrome (JHS).’

(Pocinki A - <http://www.dynakids.org/Documents/hypermobility.pdf>)

There is currently no cure for hypermobility syndromes. Early

detection and proper treatment can help patients lead healthy, active, and fulfilling lives. Obtaining a diagnosis can be difficult.

Hypermobility syndromes are often multisystemic, and can cause a wide variety of complications throughout all body systems. Patients bounce from doctor to doctor, searching for relief from their many symptoms. Common co-morbidities of hypermobility syndromes include, Chronic Fatigue Syndrome, Gastroparesis, Dysautonomia, and Mast Cell Activation Syndrome. EDS Wellness strives to educate doctors on the proper diagnosis and treatment of hypermobility disorders and their co-morbidities.

EDS Wellness Mission:

EDS Wellness is a 501(c)(3) non-profit organization promoting health education, integrative healthcare, research and wellness strategies for living well with hypermobility syndromes, such as Ehlers-Danlos syndrome (EDS), and related conditions. We fulfill our mission through the creation of print and digital media resources, professional education, seminars, webinars, conferences, wellness coaching and patient advocacy.

EDS Wellness Vision:

EDS Wellness works in conjunction with healthcare practitioners and other health care organizations to teach individuals living with EDS and other chronic, invisible illnesses how movement, nutrition, and mind-body techniques can improve their quality of life and overall well-being.

Questions? Send an email to info@edswellness.org

Learn more by visiting www.edswellness.org