

Bed Pilates - Level 1

6 exercises of lying down pilates for people with Ehlers-Danlos syndrome and hypermobility spectrum disorders. Please remember to read the guidance overleaf and check with your Health Professional before starting. You can find videos of these movements on our website ehlers-danlos.org and search 'Making Movement Accessible'

1



Move your duvet to one side so the surface you are lying down on is as firm as possible or use a soft mat/rug if you are lying on the floor.

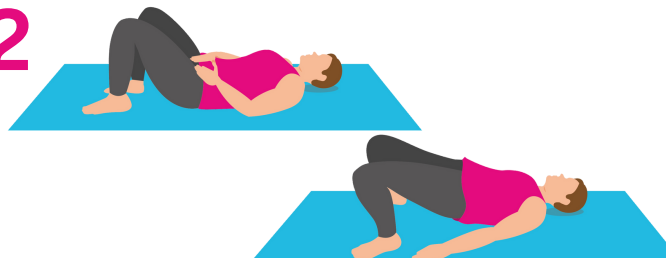
Bend your knees and place your feet hip width apart.

Settle your shoulders down, sliding them away from your ears.

Rest your head on a small cushion or prop yourself up using pillows if lying flat is uncomfortable for you.

For a gentle stretch, sway your knees slowly and with control side to side not allowing them to move all the way to the side, just halfway.

2



Remove the cushion from under your head. Breathe in to prepare, exhale to lightly draw your belly button in and tilt your pubic bone towards your nose. Inhale to gently tilt your pubic bone to your toes.

Repeat with your breath, exhale - pubic bone to nose, inhale - pubic bone to toes.

You can extend this move into a Shoulder Bridge by breathing in to prepare, then exhale to tilt your pubic bone to nose and push on your feet to lift your pelvis off your bed.

Imagine your spine is like a bike chain coming up off the mat one link at a time, breathe in at the top then exhale and return your spine one vertebra at a time to your bed.

3



Inhale to prepare, exhale to slide your leg away from your body, keeping your pelvis still and your spine from arching away from the mat.

Inhale again to prepare, then slide your leg back on an exhale.

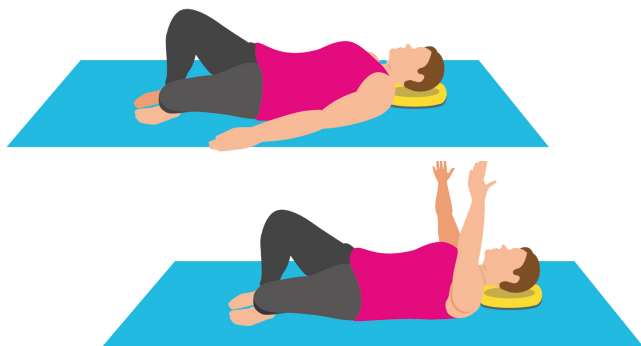
Repeat slowly with control.

Your breath out will activate your core muscles gently which in turn will stabilise your pelvis and your spine.

Repeat above but with arms instead of legs.

For Dying Bug, move your opposite arm and leg away from each other, still focusing on keeping your spine and pelvis still.

4



Bring your feet and knees together, with your knees bent. Inhale to prepare, exhale to externally rotate the knee out to the side.

Try not to go to your full angle and control the movement to just halfway out from your body.

Inhale, then exhale to return your knee to its starting position.

Repeat with your arms, being careful to keep the elbows soft.

5



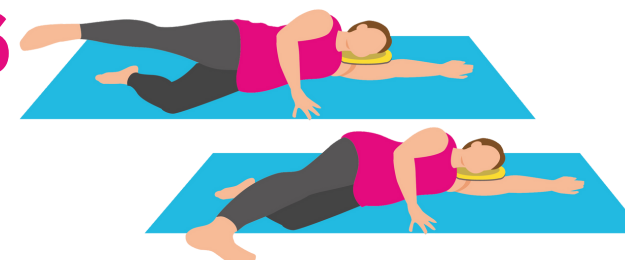
On your side with your legs bent at a 90 degree angle, hug your head with your hands making sure you are not pulling your head forward.

Alternatively you can cross your hands over your chest if your arms or shoulders are restricted.

Inhale to prepare, then exhale to rotate your spine as though you are a book opening, keep your hips and knees stacked so the movement comes from your spine.

Make sure you don't hyperextend by moving your elbow below your shoulder, keep it in your peripheral vision.

6



Take time to set yourself up with your head supported on a cushion so it is parallel with the floor or your bed.

Stack your hips and knees on top of each other with your knees slightly bent.

Make sure your top shoulder is not rolling in or sinking up by your ears and your bottom arm is either in front of you or under your cushion. Lengthen your top leg and inhale, then on an exhale lift it to around 10 cm above the bottom one and return on an inhale.

To challenge yourself flex your foot and glide it in front of your body then point your foot and draw the leg back.

Pulling your belly button back lightly will support your spine so the move comes from the hip instead of your back.



EHLERS-DANLOS SUPPORT UK

The Ehlers-Danlos Support UK is the UK's leading charity representing over 15,000 members. Our vision is that across the UK, people with EDS or HSD will be connected, heard, supported and have equitable access to care. We are the voice of the EDS/HSD community in the UK. We bring together people with EDS and HSD in the UK to equitably access diagnosis, treatment and care. We do this through:

Awareness – We advocate for and empower our community to drive change. We raise their voices, and work with the NHS across the UK in pursuit of services accessible by all.

Support – We provide a platform to support and connect our community. We deliver information and advice on living with EDS/HSD.

Knowledge – We build knowledge through information, training and enabling research. We confront misunderstanding and challenge inequality.

The Ehlers-Danlos syndromes (EDS) are a group of 13 individual genetic conditions, which affect the body's connective tissue. Hypermobility spectrum disorder (HSD) has similar symptoms to the most common type of EDS. People with EDS and HSD tend to experience a broad range of symptoms including long term pain, very loose joints which dislocate easily, chronic fatigue, dizziness, palpitations and digestive disorders. These are complex conditions that are often misunderstood, misdiagnosed and mismanaged.

Supported by a wonderful team of over 100+ dedicated volunteers, our face to face and virtual support group services provide support, information, reassurance and, most importantly, social contact with others in a similar situation. We also host webinars run by health professionals and therapists and have a free advice line supporting over 1,500 people a year.

*Registered Address: International House, 45-55 Commercial Street, London, E1 6BD
The Ehlers-Danlos Support UK is a Charity registered in England and Wales (1157027)
and Scotland (SC046712) Registered Company No. 8924646.*

Hints and Tips to keep you safe

We know there are so many benefits to exercising if you have EDS or HSD. However, if we push too hard or hyperextend we may cause more harm than good. We have put together some hints and tips for you to consider while exercising to keep you safe and help you get the most out of your moves.

- Check your surroundings are safe, that there are no trip hazards or doors that can open in and hit you
- Minimise distractions such as children, pets or TV. You need to focus on your body and getting distracted can lead to accidents
- Keep a phone nearby or have someone in the house with you when you first start so you can call for help if you need it
- Calm your body and mind first so you can concentrate. Start with some gentle breathing exercises. Try inhaling for 4 counts and exhaling for 6 and increasing the exhale
- Slow your movement down and pay attention to what your body is doing. Exercising in front of a mirror is really helpful
- Try not to stretch your body or force stretches no matter how good it feels. Move gently into a stretch and come out of it instead of holding it for sustained periods
- Less is more with activating your core muscles. Think 20-30%. There is no need to brace. Breathing out is often enough to activate your core and pelvic floor. If you feel you need a bit more support for a move, gently pull your belly button to your spine and imagine it lifting
- If you get confused about when to breath, just keep breathing, try not to hold your breath
- Try to keep your elbows and knees soft and don't lock them, especially if you are standing or holding weights
- When moving your arms, try to keep your hands in your peripheral vision, this will help keep you from hyperextending
- Sitting and listening is perfectly acceptable whenever you need to rest

Some additional tips below if you have MCAS or POTs that may help you tolerate exercise better with less adverse reactions.

If you have MCAS:

- Consider pre-medicating before the class under the advice of your medical professional
- Keep your rescue meds nearby, Antihistamines or Epi Pen if you have been prescribed them
- If you're not used to moving, do a little bit, see how your body feels and do a bit more if you are ok
- Try to keep your heart rate low, no need to push yourself, you can increase your exercise tolerance gradually but it will take some time and patience

If you have POTs:

- Seated or bed exercise is a great way to begin as standing still or for long periods can be challenging · Compression gear can help if you can tolerate it
- Hydrate before a class and keep sipping. Consider Electrolytes
- Lie down or stop if symptoms start
- If sitting from lying, standing from sitting, or coming up from a Roll Down (any postural changes) gently squeeze the legs, bum and tummy before moving up. Once you are up, take a breath then slowly release the muscles.



You can help us to continue to offer support to those who need it, by donating here

Contact us:

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Advice line:

0800 907 8518

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GP toolkit: gptoolkit.ehlers-danlos.org

@ehlersdanlosuk



Before starting any exercise program, consult your doctor to ensure it is suitable for your health condition. Participating in physical activity involves inherent risks of injury, and you should always listen to your body and stop if you experience pain. By using this guide, you acknowledge that you are voluntarily assuming all risks associated with exercise and agree to not hold the creators liable for any injuries sustained. Thank you to Mobilates for the information provided in these exercises.

