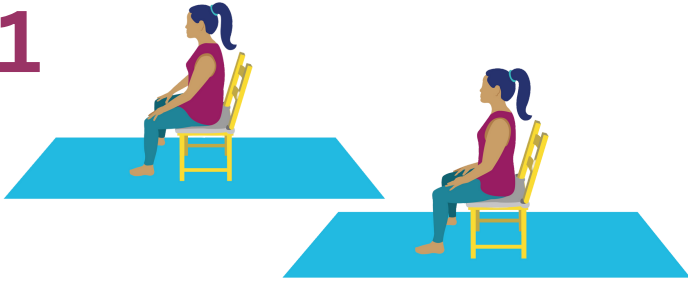


Seated Pilates - Level 1

6 exercises of seated 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'. Please use a sturdy dining chair with a flat bottom.

1



Sit on a sturdy chair sliding your bottom towards the front but making sure you don't fall forward.

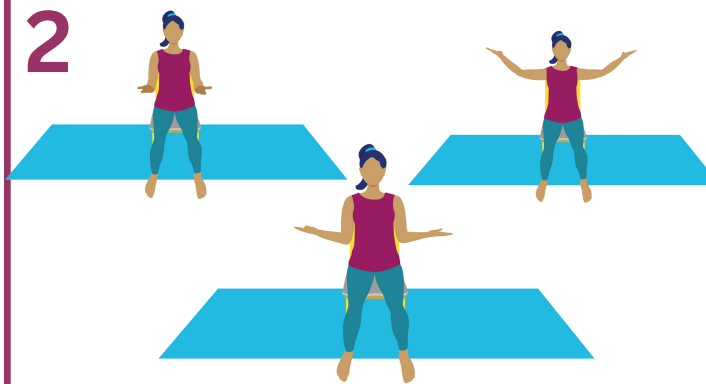
Line your knees in front of your hip bones and your ankles underneath your knees.

Tilt your pubic bone to your nose and then to your toes and work towards a neutral position where your spine is long.

Roll your shoulders forward, up, back then down gently and not to your greatest extreme, then relax them away from your ears.

Draw a small circle with your nose clockwise and then anticlockwise, making the move bigger but not allowing your head to hang back.

2



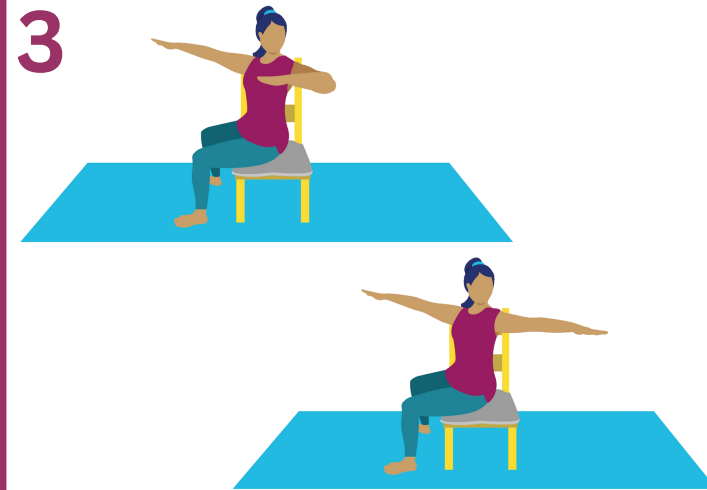
Bend your arms at the elbows and tuck your elbows in towards your waist.

Keeping your elbows in, externally rotate at the shoulders to move the hands out to the side, return with control.

Extend this move by gently sliding your shoulder blades towards the centre of your back and down.

Extend this move by pushing your hands up to the ceiling once your hands are externally rotated to your sides. Keep your hands in your peripheral vision so you don't hyperextend.

3

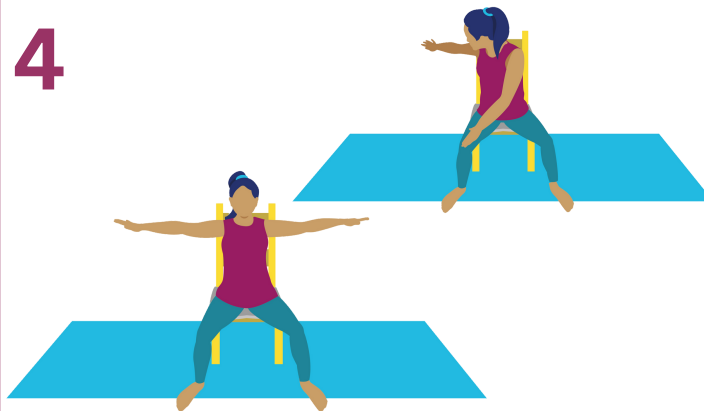


Reach both hands forward, palms down.

Draw one elbow back and then extend the arm behind you as you rotate your spine like you are drawing back a bow.

Make sure you keep your elbows soft and your hand that moves back in your peripheral vision so you don't hyperextend at the shoulder.

4



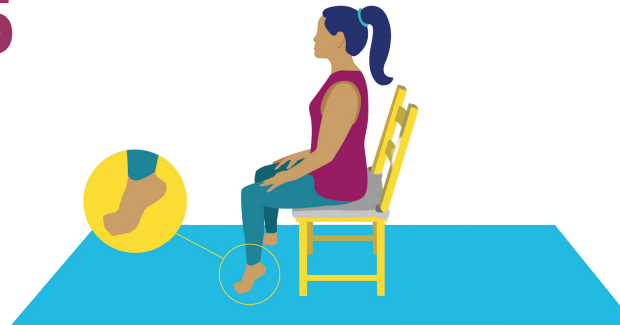
Open your knees so they are wider than your hips and align your ankles underneath your knees.

Take a breath in to prepare then exhale as you reach your hand towards the opposite knee.

Inhale again and then exhale as you return back up.

If you have osteoporosis or ruptured discs, keep your hand on your knee as the opposite hand reaches so you are not loading your spine.

5



With your feet and knees hip width apart, lift your heel at the ankle keeping your toes and the balls of your feet on the floor.

Look down at your ankles to check they are straight and that you haven't pushed your ankle too far forward.

Lower down gently with control.

To activate your thigh muscles you can extend this move to then lift your foot off the floor and extend your leg.

6



If you have osteoporosis or ruptured discs in your spine keep your hands on your thighs and keep the following movement small.

Inhale to prepare then exhale to tilt your chin down and allow the rest of your spine to follow imagining each vertebra unstacking.

At the point that is comfortable for you, take a breath and exhale as you roll your spine back up, restacking your vertebra one at a time.

If you have POTs, to prevent dizziness squeeze your calf muscles, thighs and buttocks on your way back up.



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:

0800 246 1391

info@ehlers-danlos.org

ehlers-danlos.org

Advice line:

0800 907 8518

advice@ehlers-danlos.org

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.

