

2023 EDS ECHO SUMMIT

HYPERMOBILITY SPECTRUM DISORDERS

PRESENTATION

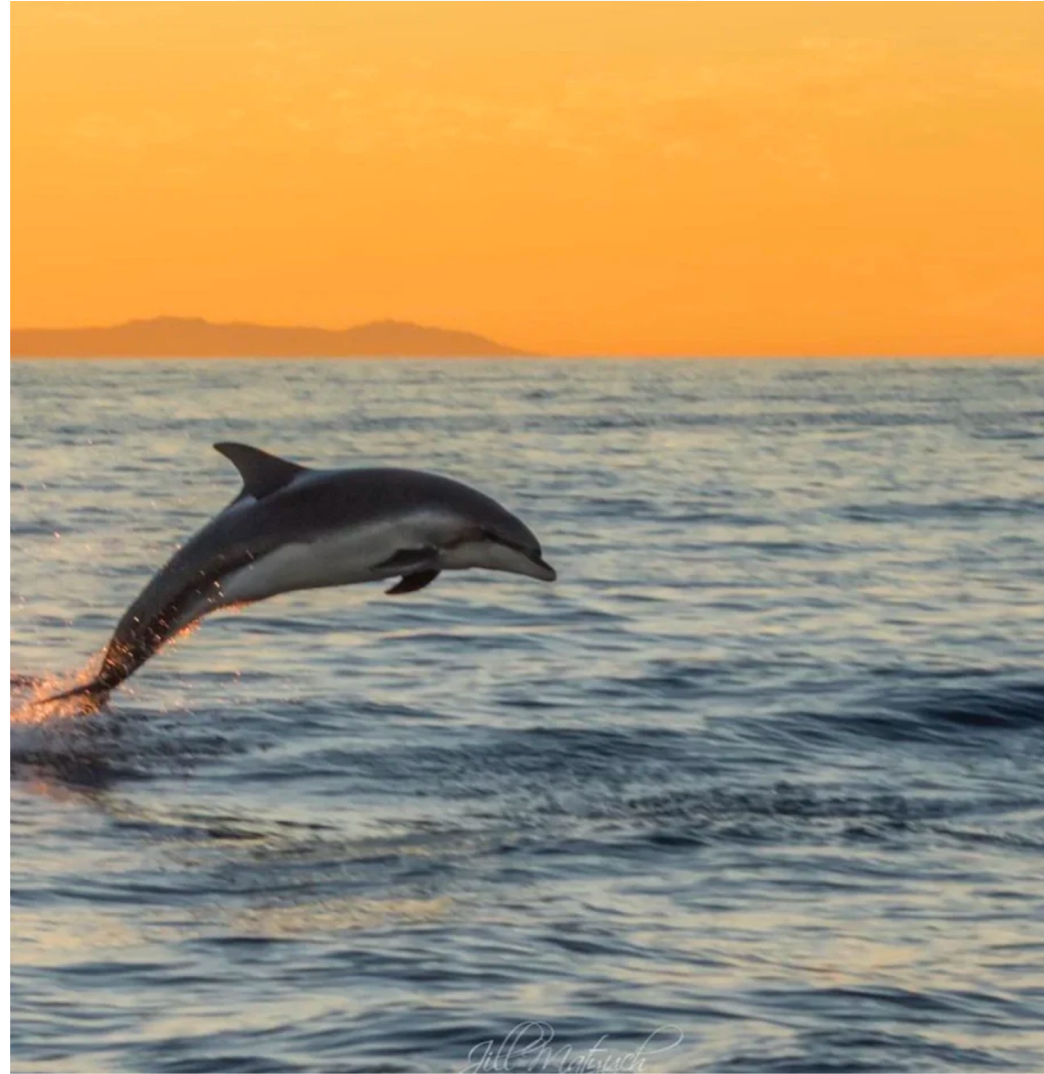
Lifestyle Strategies & Self-Pacing for those living with HSD

SPEAKER

Jennifer Smallridge (she/her)



No disclosures



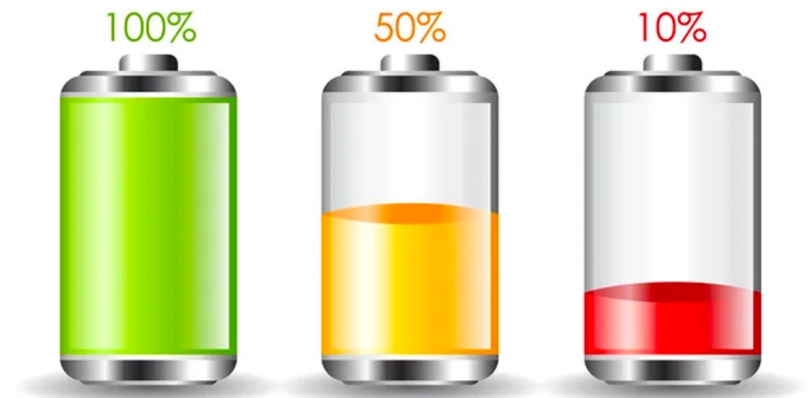
Hypermobility Spectrum Disorder: Seeking, exceeding and then setting new boundaries

- Hypermobile joints can cause pain when continually or rapidly moved past optimal range
- Similarly, exerting the whole body past its limit results in symptoms
- When a connective tissue, stimulation or energy limit is reached, protective responses can occur

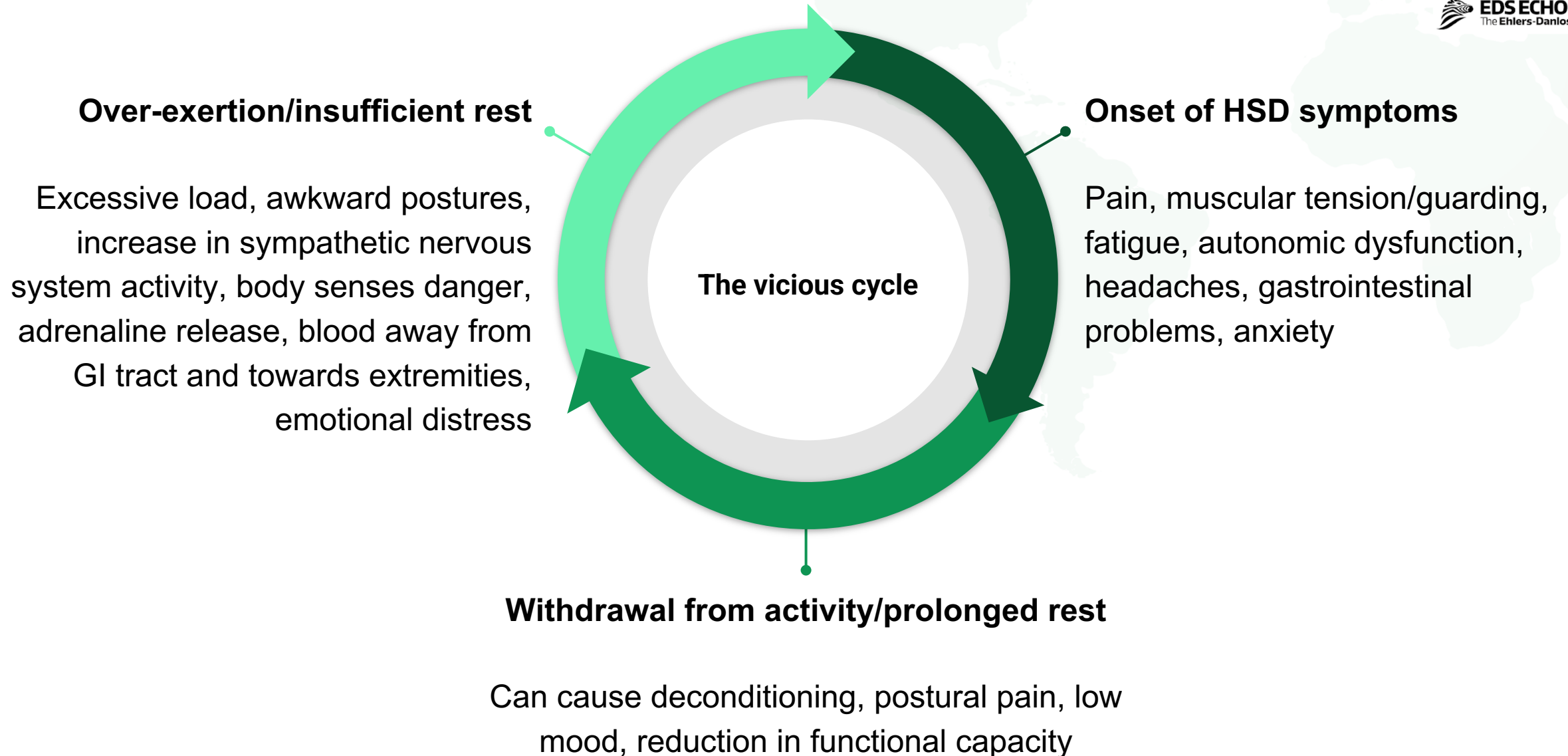


The opposite of pacing and self managing in HSD

- Over-exertion
- Pushing through
- Experiencing an “adrenaline surge”
- Booming and busting
- Depleting resources

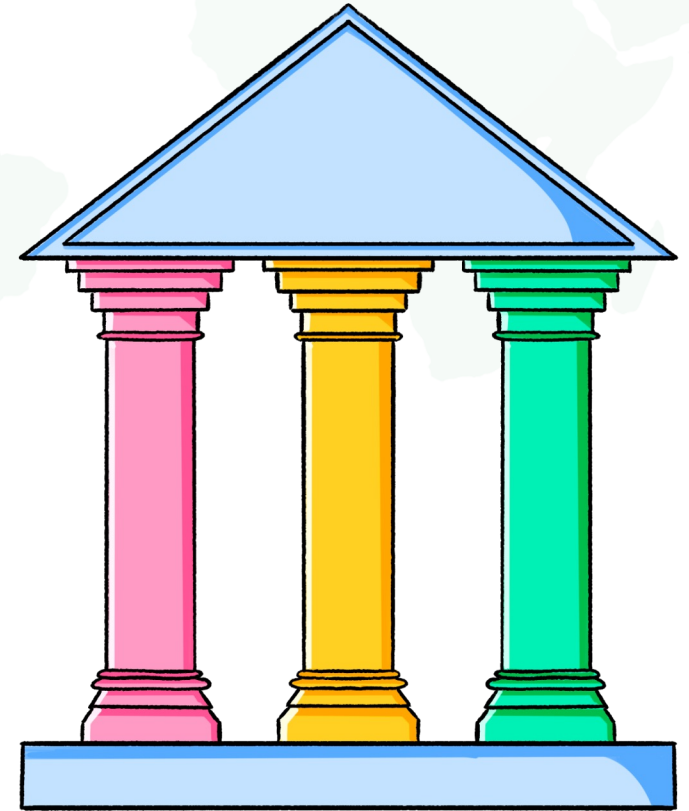


The consequences of not pacing and self managing



The 3 Pillars of Pacing

1. Identify your current load and symptoms
2. Add breaks and boundaries
3. Softening the load on your hypermobile self

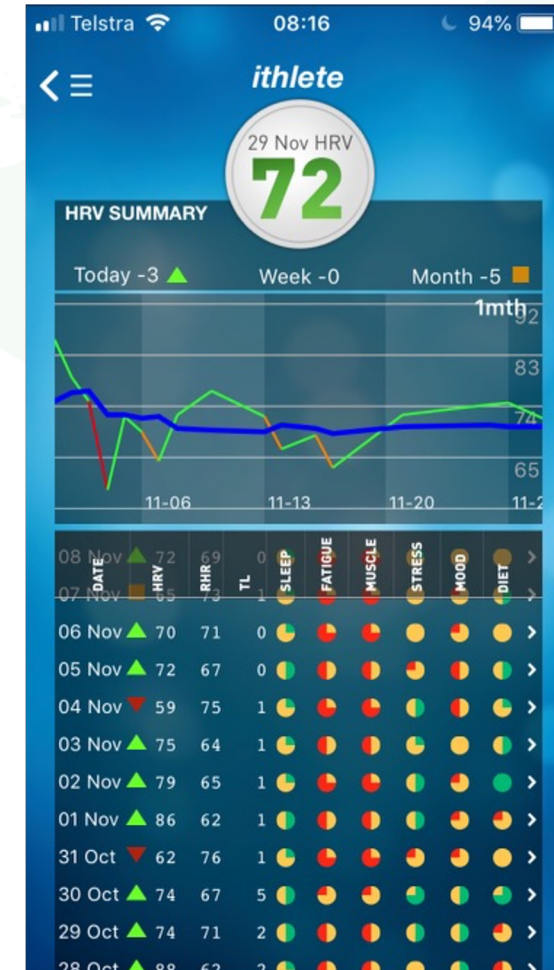
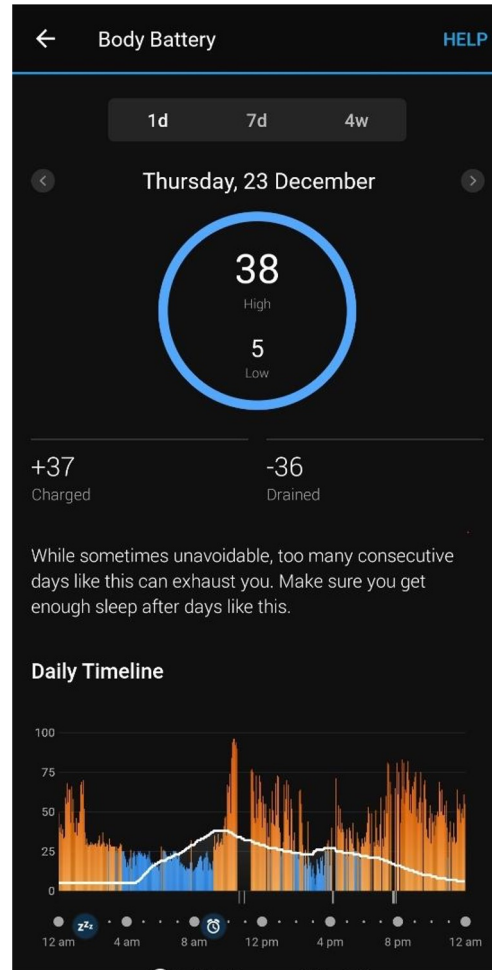


1. Identify your current load and symptoms

06:00			
07:00	Woke Up; hydrated; read	feeling rested	
08:00	Made breakfast & band prep	mildly dizzy; no sick feeling after eating	Ate 2 eggs & 1 toast
09:00	Full shower Routine	racing heart rate, breathless, tired	
10:00	Resting	breathless from previous activities	
11:00	changed sheets & did dishes	breathless & racing heart	
12:00	church work	still breathless	
13:00	meeting	shaky	
14:00	movie	edgy & high heart rate	Lying down
15:00	movie	edgy & high heart rate	Elevated feet
16:00	Reading	Heart rate calming	

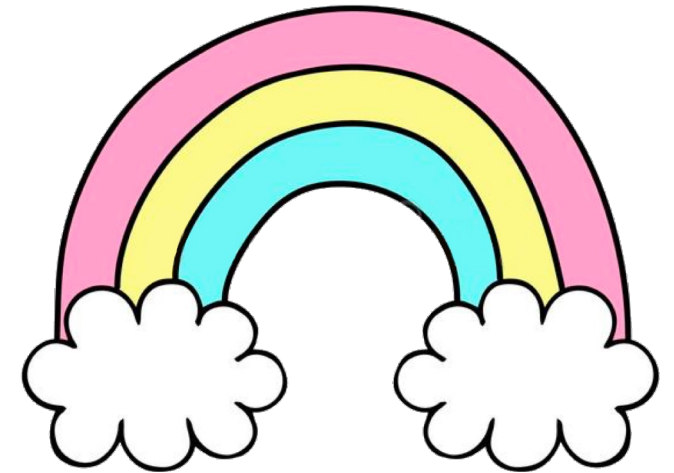
Activity legend (physical, mental, environmental, social)	
high demand/stimulation activity	
moderate demand/ stimulation activity	
low demand/stimulation activity	
relaxation activity	
* emotionally stressful activity	

1. Identify your current load and symptoms



2. Add breaks and boundaries

- Activity diary “like a rainbow”
- Aiming for “green time” before and after big activities
- “Green moments” during activities as well
- Setting a timer
- Match the type of rest to the type of activity



3. Softening the load on your hypermobile self

- Physical: Postural supports, splints, cushions, muscle strengthening*, increasing fitness*, breathwork, feet elevated
- Mental: Single focus, prioritise, reduce intensity, delegate, postpone
- Social: Consider sensory environment, bring your comforts, limit duration



“First aid” for over-exertions

- Recognise that this has occurred
- Debrief with a trusted person
- Be kind to yourself
- Soothe the body and nervous system
- Reduce upcoming commitments
- Sensory calming: bath, bed, touch, compression, weighted blanket, heat pack





Thank you
for listening