



## EDS ECHO Finding Functional Foundations – Case Study Example

### Patient/Case Details:

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#### i) Patient's job/home demands

- Part-time college tutor, able to work online with accommodations. Teenage boys are relatively independent, but both have issues related to hypermobility.

#### ii) Patient's Brief medical history (*focus on what is most relevant*)

- POTS, MCAS, history of multiple concussions. Lots of other medical issues

#### iii) Patient's primary complaints (symptoms and signs)

- Neck and upper back pain and migraines, tingling in face.
- Neuromotor problems such as muscles on her right side going into spasm (spastic dystonia, not static spasm), tremor/shaking R arm/leg, unable to control movement in R arm/leg, 'bobble head' unable to hold head upright more than 2 hours at a time.

#### iv) Patient's primary functional limitations

- Unable to hold head up or be upright more than 2 hours at a time. This limits work ability. Unsafe to drive when flared due to tremor/dystonia.

#### v) Patient's psychosocial issues

- History of domestic abuse (now safe with different spouse)
- Highly educated. Does lots of relaxation/autonomic balancing so neural sensitivity is not a major issue. Financial limitations.
- Learned helplessness from prior failed treatment attempts.

### Clinical Questions:

(Please type 'none' if not yet undertaken)

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#### vi) What clinical assessments have/should be done?

- Observation of neuromotor signs noted above.
- Terrible neck posture, even with cuing, unable to maintain upright neck.
- (+) Dysdiadochokinesia tests on R: pronation/supination, toe to shin, grip release
- Unable to activate deep neck flexors without activation of SCM.
- Unable to maintain steady gaze with laser due to head tremor. Proprioceptive testing not possible.

#### vii) What patient education has/should be done?

- Posture training, but she is unable to maintain upright neck more than a few minutes in the clinic.

#### viii) What supports and bracing does the patient have/need?

- She has a rigid neck brace but she does not like to use it because it is not comfortable.

#### ix) What neuroplasticity training has/should be done?

- Does not tolerate any neck exercise. Haven't tried anything else.

#### x) Other information or questions?

- Any manual therapy to the neck, even very gentle, makes her worse.