



EDS ECHO

FINDING FUNCTIONAL FOUNDATIONS

A NEW COURSE COMMENCING JANUARY 2024

The **Ehlers-Danlos Society** is delighted to be launching an
EDS ECHO Finding Functional Foundations Course
that will commence in **January 2024**

The EDS ECHO **Finding Functional Foundations™** (FFF) course is for physical therapists wanting to learn how to use principles of neuroplasticity to retrain alignment and stability in hypermobile patients. Using biofeedback and specific cuing methods, this approach retrains the brain allowing patients to improve faulty proprioception, strengthen deep stabilizers, learn proper physical alignment, and apply those skills to functional movement. This leads to decreased pain and neurological symptoms, and improved function.

The course is taught by [Susan Chalela](#), PT, who has 27 years of PT practice experience, much of that working with hypermobile patients. Susan's clinical practice focuses primarily on cervical instability; however, her approach addresses everything below the cervical spine because a stable foundation is essential for a stable cervical spine. Susan's approach is respected world-wide for its effectiveness in patients with hypermobility, especially for those with cervical instability. [Prof. Leslie Russek](#), PT, PhD, is assisting Susan in running the program to ensure an optimal student/instructor ratio, especially for the lab activities.

Course Aims and Objectives

This course is appropriate for licensed physical therapists who want to integrate neuroplasticity and movement biofeedback into their practice. By the end of this program, participants will be able to apply the principles and techniques of the **Finding Functional Foundations™** approach to managing neuromuscular impairments in patients with HSD/hypermobile EDS(hEDS) through:

1. Applying principles of neuroplasticity to motor learning in people with HSD/hEDS.
2. Utilizing biofeedback strategies to assist patients in developing stable alignment and movement patterns.
3. Integrating safe movement patterns into functional activity training.



More Information
& to Register



ehlers-danlos.com/echo



Contact Us

Course Schedule - FFF1:

Session	Session Topic	Date and Time Mondays at: 6.30pm – 8.30pm Eastern Time (US & Canada)
1	Posture: Standing, lying down/sleeping, sitting. Posture labs.	Jan 22, 2024
2	Gait, shoes, orthotics. Gait labs.	Jan 29, 2024
3	Finding Neutral Pelvis, engaging deep stabilizers in the hips, pelvis and core using biofeedback. Biofeedback training labs.	Feb 5, 2024
Two Week Break		
4	Scapular Thoracic stabilization using biofeedback. Biofeedback labs.	Feb 26, 2024
5	Cervical stabilization using pressure biofeedback. Biofeedback labs.	Mar 4, 2024
6	ADL and IADL, ergonomics, supports, bracing, WC. Practice labs.	Mar 11, 2024
Two Week Break		
7	Head laser biofeedback. Practice labs.	Apr 1, 2024
8	Applying principles of stabilization to functional activities, including gym equipment. Practice labs.	Apr 8, 2024
9	Functional training, accommodations: Pulling it all together.	Apr 15, 2024
	FFF 'Care Plan Assessment' Submission Deadline	May 20, 2024

Please visit <https://www.worldtimebuddy.com> or your preferred time zone converter to confirm the correct start time in your location.

PLEASE NOTE - Session topics and dates are subject to change.

Project ECHO® designates this live activity for a maximum of 2.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.