

Prof. Russek's "Hypermobility 101" Lecture Series

"Hypermobility 101" lectures provide patient education about many aspects of hypermobility (HSD/hEDS), dysautonomia (POTS) and mast cell activation (MCAS). Each is a ~50 minute lecture; the following QA is not recorded. The recordings and handouts provided here are not a substitute for medical advice, just a starting point for talking with your health care providers. Email Prof. Russek for the Zoom link if you want to attend lectures live: (Lrussek@clarkson.edu). Lectures are currently scheduled for Fridays, 4-5 pm EST. Please realize that Prof. Russek cannot offer personal diagnostic or medical advice during live lectures.

Use this scan code to access the lectures. Prof. Russek's Patient Handouts are available through a link at the top of the lecture page.



- ❑ HSD 101: Basics of HSD/hEDS and self-care: [Slides](#). [Recording of HSD 101](#)
- ❑ HSD 102: Basics of POTS and MCAD self-care: [Slides](#). [Recording of HSD 102](#)
- ❑ HSD 103: Pain management in HSD/hEDS: [Slides](#). [Recording of HSD 103](#)
- ❑ HSD 104: Exercise progression in HSD/hEDS & POTS [Slides](#). [Recording of HSD 104](#)
- ❑ HSD 104 p2: Modifying exercises for HSD & POTS. [Recording HSD 104 p2](#) . [Slides](#).
- ❑ HSD 105: Posture and Joint Protection. [Slides](#). " [Recording of HSD105](#).
- ❑ Links to prior HSD 105, EDS in Children: [Slides](#). [Recording of previous HSD 105: HSD in Children](#)
- ❑ HSD 106: GI issues in HSD/EDS, POTS, MCAS - [Slides](#). [Recording of HSD 106 \(2021\)](#)
- ❑ HSD 107: Managing Fatigue in HSD, POTS, and MCAD. [Slides](#). [Recording of HSD 107](#)
- ❑ HSD 108: Headaches, migraines, and TMJ pain associated with HSD, POTS and MCAS. [Slides](#). [Recording of HSD 108](#)
- ❑ HSD 109: Breathing with HSD. [Slides](#). [Recording of HSD 109](#).
- ❑ HSD 110: Lumbar Instability. [Slides](#). [Recording of HSD 110](#)
- ❑ HSD 111: Cervical Instability: PT Management. [Slides](#) [Recording of HSD 111](#)
 - [Slides: Anatomy/Diagnostic Testing UCI](#). [Recording](#) of more technical, medical info.
- ❑ HSD 112: The Vagus Nerve in HSD. [Slides](#). [Recording of HSD 112](#).
- ❑ HSD 113: Fascia. Fascia is the most prevalent type of connective tissue. [Slides](#). [Recording of HSD 113](#).
- ❑ HSD 114: Hospital stays and surgery with the Trifecta. [Slides](#). [Handout](#). [Recording of HSD 114](#).
- ❑ HSD 115: Functional Neurological Disorder. [Slides](#). [Recording of HSD 115](#).
- ❑ HSD 116: Excessive Bleeding in HSD. [Slides](#). [Recording of HSD 116](#).