

Guide to Prof. Russek's Patient Self-Care Handouts

Scan here to access the web site with these handouts.



About Hypermobility:

- [Overview of Hypermobility Spectrum Disorder](#)
- [Graphic showing symptoms associated with HSD.](#)
- [HSD in children and adolescents:](#)
- [Checklist of physical therapy treatment approaches for HSD/hEDS.](#)

Self-Care Strategies:

- [Self-Care Toolbox.](#) A checklist to help you optimize your self-care toolbox.
- [Breathing.](#) Breathing well is important for many reasons.
- [Relaxation and vagus nerve activation.](#) For relaxation, decreasing inflammation & GI problems.
- [Posture.](#) Principles of good posture.
- [Seated 5-Block Alignment.](#) With permission from [Finding Functional Foundations](#)
- [Joint Protection Strategies](#) General, with additional handouts for ergonomics.
 - [Office/computer ergonomics \(Corporate Work Health Australia\).](#)
 - [Home office ergonomics \(Corporate Work Health Australia\).](#)
 - [Car ergonomics \(Corporate Work Health Australia\).](#)
 - [Proper lifting technique \(Corporate Work Health Australia\).](#)
- [Braces and Splints](#) Braces and splints can help protect joints.
- [Sleep Hygiene and Positioning.](#) Posture in bed is important.
- [Sleep Checklist.](#) A list of strategies.

Recognizing and Managing Specific Problems

- [Overview of POTS symptoms and causes.](#)
- [Checklist for POTS self-care management.](#)
- [Suggestions for managing MCAS.](#) or [MCAS medication recommendations](#)
- [Headache Trigger Points.](#) Many headaches are caused by trigger points.
- [Headache Diary.](#) Track headache causes.
- [Temporomandibular Disorder \(TMD\).](#)TMD, or TMJ problems.
- [Upper cervical Instability. \(UCI\).](#) Leslie's handout based on the publication
- Another patient guide to [EDS cervical instability by EDSawareness.](#)

Managing Pain

- [Pain self-care plan.](#) Create your own pain self-care plan.
- [Flare self-management plan.](#) Create a flare management plan.
- [Negative \('Unhelpful'\) thinking can amplify pain.](#) Worksheet
- [Heart-rate variability biofeedback.](#) Biofeedback for relaxation.
- [Free chronic pain management apps for teens](#) Relaxation and self-care skills.
- [Pain Sensitization: Nociplastic pain.](#) Pain sensitivity, calming sensitive nerves. Curable™ app.
- [Topicals for pain management.](#)

Exercise Recommendations

- [Starting to Exercise Ideas.](#) How to deal with fatigue, pain, and fear of movement.
- [Starting to Exercise Worksheet.](#) Identify and overcome roadblocks to being more active.
- [Augmented Reality Activities for Fitness.](#) Augmented reality games, using free apps

Other Resources

- [List of HSD and POTS disability/accommodations resources.](#)
- [Chronic Pain Partners surgical planning booklet.](#) A patient-friendly guide.
- [Hospitalization precautions for people with HSD/hEDS.](#) More technical information.