

## 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 ~60 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](mailto: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 lecture web page. 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 and POTS [Slides](#). [Recording of HSD 104](#)
- ❑ 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 for Part 2: PT Management of Cervical Instability](#). [Recording of HSD 111, Part 2](#)
  - [Slides for Part 1: Anatomy and Diagnostic Testing](#). [Recording of HSD 111, Part 1](#). This background information is for people who want more technical, medical info, and is NOT be covered in the live "Part 2" lecture.
- ❑ 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: Hospitals stays and surgery with the Trifecta. [Slides](#). [Handout](#). [Recording of HSD 114](#).