



CONSIDERATIONS FOR EDS/HSD AT TEACHING PRACTICE

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Are you aware of having HMS (Hypermobility Syndromes)/EDS (Ehlers Danlos Syndromes) students in your AT practice?

Are you clear about how to identify students who have HMS/EDS?

If you identify hypermobile students, do you work with them differently than other students?

Do you stick to the classical “forward and up”, “up and out”, “knees forward and away”?
If not, what do you use?

Are you using thoughts of expansion with your students?

Do you consider working with counter direction?

Do you consider working with spatial thinking?

Do you think dimensionally?

Do you think in terms of volume?

Are you aware of using any “traction” or “slight pulling out” with students?

Are you familiar with the concept of tensegrity?

Do you think of the body as stacked?

Do you think of the body as suspended?

Do you always start with students at the head and neck?