



EDS/HSD Intake Interview Questions

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Balance Arts Center

- Ask these questions as the student can handle or process the information.
- We don't want to scare people away
- It is important that people feel heard (their story may be quite involved)
- Select from this list:
 1. Do you have a history of chronic pain especially in your youth?
 2. Do you have a history of dislocations or subluxations? If so, how long has it been going on?
 3. Are you hypermobile?
 4. Have you ever been told you are hypermobile?
 5. Have you consulted medical professionals about your condition? Are you currently on medication?
 6. Are there other areas of your body that haven't been injured that are hypermobile?
 7. Do you use pockets to support your arms? Do you lean on things to support yourself? Do you use mobility aids?
 8. Do you get dizzy or lightheaded upon standing up? (Dysautonomia, POTS)
 9. Does the hypermobility in one area create excess tension or guarding another part of your body? (Are you aware of compensations?)
 10. How do you think about working with your situation? Do you sense that you hold on more to guard against subluxation or dislocation? Do you let go more?
 11. Have you been told you are hypersensitive? (results in feeling dismissed or not heard?)
 12. Have you been told you are making things up?
 13. Have you been treated for suspected mental illness?

14. What most would you like to work on?
15. Are you comfortable with hands on contact?
16. Are there parts of your body that are numb or feel vacant?
17. Do you fall over?
18. Do you black out when you stand up?