



TRANSFORM FLARES & FRUSTRATION INTO FUNCTION



Have hypermobile Ehlers-Danlos Syndrome (EDS)? Stop living in flare mode. **Learn to control your body rather than letting your body control you.** Finding Functional Foundations™ is your guide to a safer, more active and functional life with hypermobility.



BASIC DYNAMICS: DYSFUNCTIONAL FOUNDATION > DYSFUNCTIONAL ALIGNMENT > DYSFUNCTIONAL MOVEMENT.

Functional foundation > functional alignment > functional movement = better body posture and less pain.



FUNCTION BEGINS AT THE FOUNDATION

Your feet start your foundation when standing, or your pelvis when sitting. Just as you wouldn't build a house on unstable sand, your body needs a stable base to remain upright properly. Build solid bottom up.



STANDING 5-BLOCK AND SEATED 5-BLOCK ALIGNMENT

Stacking your posture up right teaches your body to be balanced and aligned so you 're not hanging on your ligaments or overusing muscles to stay aligned and in balance.



STABILITY IS ABOUT GOOD MOTOR CONTROL

You don't want to be hanging on your ligaments causing pain, strain and tears. You want your muscles and nerves engaged for motor control to provide stability along the entire spine. It's crucial to learn better motor control.



KEEP YOUR PELVIS ALIGNED LIKE A BUCKET IN NEUTRAL POSITION

When you sit, stand, walk, bend over or even lie down, your pelvis should be like a bucket of water: don't let the water tip out the front or the back, and don't let it splash out in misalignment.

ENGAGE THE *CORRECT MUSCLES* AT THE *CORRECT TIME* WITH *CORRECT FORCE*

Since our neurological and muscular systems provide most of our stability, most EDS/HSD patients need to retrain them using principles of neuroplasticity to rewire lifelong incorrect muscle memory. We teach biofeedback to re-learn better full body awareness, called proprioception to refine motor control. Finding a Functional Foundations trained PT/OT provider can help your hypermobile joints stay more stable, longer!

POSTURE CAN BE EDS/HSD PAIN PREVENTION

- Scan for patient info about Finding Functional Foundations and a directory of FFF Certified providers.
- Providers interested in FFF Training can access info to enroll.

