

# **H**YPERMOBILITY/EHLERS DANLOS SYNDROME IN ADULTS AND CHILDREN: Clinical assessment and management

**This course is for those who want to expand their knowledge on the recognition, treatment and management of Joint Hypermobility Syndrome and Ehlers Danlos Syndrome.**

**Tutor: Alison Middleditch MCSP MMACP**

Alison trained at Kings College Hospital and has worked in both the NHS and private sectors, worked as physiotherapist to the Scottish and Welsh Lacrosse teams and also held a five year Research Post at Bioengineering Department University College, London. Alison is now the Practice Principal at the Surrey Physiotherapy Clinic where she specialises in the treatment of complex musculoskeletal problems. Early in her career she developed an interest in musculoskeletal disorders and after gaining membership of the MACP she became a tutor and examiner for the association and was part of the team that developed the first Masters Course in Manipulative therapy at Coventry University. Alison lectures extensively both national and internationally.

Alison is co author of Functional Anatomy of the Spine, 2nd Edition (2005) Elsevier and has contributed chapters to books on a number of subjects from hypermobility to acupuncture and manual therapy.

## **Course Aims:**

This course will provide participants with the opportunity to review and discuss the assessment treatment and management of Joint Hypermobility Syndrome/Ehlers Danlos Syndrome. This will be within a functional framework and based on the best of the latest evidence. The course will consider hypermobility in all groups including children, athletes, adults – including those with a late diagnosis and those with complex problems.

## **Learning outcomes**

At the end of the course the participants will:

1. Have an understanding of and be able to recognise the clinical presentation of Joint Hypermobility Syndrome/Ehlers Danlos Syndrome in children and adults
2. Be able to implement an appropriate functional assessment based on the best of the current evidence base
3. Be able to plan and implement a functional management plan for patients with Joint Hypermobility Syndrome/Ehlers Danlos Syndrome
4. Acknowledge and be able to use strategies for dealing with both functional and behavioural issues
5. Have knowledge of suitable evidence based out measures appropriate to dysfunction in Joint Hypermobility Syndrome/Ehlers Danlos Syndrome

**Venue: NCORE Training Room  
Level 3  
London Road Community Hospital  
London Road  
Derby  
DE1 2QY**

**Date: FRIDAY 10 JANUARY 2010**

**HYPERMOBILITY/EHLERS DANLOS SYNDROME IN ADULTS AND  
CHILDREN: CLINICAL ASSESSMENT AND MANAGEMENT**

**NCORE TRAINING ROOM  
LEVEL 3, JUNCTION 3  
LONDON ROAD COMMUNITY HOSPITAL DERBY**

**FRIDAY 10 JANUARY 2010**

**PROGRAMME**

|                |   |
|----------------|---|
| <b>8:45 am</b> | <b>Registration</b>   |
| <b>9.00am</b>  | Pathophysiology and clinical presentation of Joint Hypermobility Syndrome/ Ehlers Danlos Syndrome   |
| <b>10.30am</b> | Coffee  |
| <b>10.50am</b> | Assessing the hypermobile patient using functional clinical tools   |
| <b>1.00pm</b>  | <b>Lunch</b>  |
| <b>1.45pm</b>  | Designing and implementing individual functional management plans for those with Joint Hypermobility Syndrome/Ehlers Danlos Syndrome and measuring outcomes |
| <b>3.30pm</b>  | <b>Tea</b>  |
| <b>3.50pm</b>  | Case studies and questions  |
| <b>4.30pm</b>  | <b>Finish</b>   |

***Throughout the one day workshop questions and discussion are encouraged, delegates will also have the opportunity to participate in the practical sessions.***

## **Directions - please visit link for map and further information**

London Road Community Hospital is located in the city of Derby, close to all the city's main amenities. The Hospital can be reached from the A52 and the M1 junction 25. Derby train station is within walking distance.

<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/>

**Refreshments:** will be provided

**Catering outlets:** League of Friends opposite the lifts on Level 3, Bistro Restaurant Level 2, just after lifts

**Parking:** Should you be traveling by car there are limited car park facilities.  
<http://www.derbyhospitals.nhs.uk/about/how-to-find-us/finding-the-london-road-community-hospital/parking>

