

2024 | 2025

Differential Diagnosis & Treatments of Hypermobility, Hypermobility Spectrum Disorders (HSD) and the Ehlers-Danlos Syndromes (EDS)

Heather Purdin, PT, MS, CMPT

Author of Taming the Zebra Volume 1: Systemic Involment

2 DAY COURSE AGENDA



Table of Contents

<u>Heather Purdrin</u> <u>PT, MS, CMPT</u>	03
<u>Course Description</u>	04
<u>Course Learning</u> <u>Objectives</u>	05
<u>Agenda</u>	06
<u>Registration Information</u>	08
<u>Taming the Zebra</u> <u>It's Much More Than</u> <u>Hypermobility</u> <u>Volume 1:</u> <u>Systemic Involvement</u>	09

What is Taming the Zebra? A Definitive Physical Therapy Guide to Managing HSD / EDS

Who is it for?: A Resource Guide for Both HSD & EDS Patients and Providers

Heather Purdin

PT, MS, CMPT

Heather Purdin, PT, MS, CMPT has been practicing PT in an outpatient setting for 27 years with a special interest in orthopedics, manual therapy, chronic pain, connective tissue disorders, and complex medical issues. She is President of the Oregon Area Ehlers-Danlos Society and runs a monthly support group for those navigating HSD/EDS. She owns Good Health Physical Therapy & Wellness, a private practice specializing in connective tissue disorders and hypermobility in Portland, OR.

Ms Purdin is a Duke Graduate '95 PT '97 and a Certified Manual Physical Therapist through NAIOMT. She uses a variety of manual therapy approaches and incorporates biomechanical concepts in her stabilization exercises and strengthening of patients. Her patient population is currently 95% patients who are hypermobile and/or have EDS.

Ms. Purdin has developed online courses and presented nationally for APTA (NEXT and CSM) and is scheduled to speak for the Ehlers-Danlos Society's International Learning Symposium in July 2024. She has lectured extensively in Oregon aiming to raise awareness of this condition in the medical and lay communities.

She has released a book in 2023 with Dr. Patricia Stott, DPT called Taming the Zebra - It's Much More than Hypermobility which aims to educate rehabilitation professionals in managing HSD/EDS. She has been nominated for Portland Monthly Magazine's Top Doctors List in 2015, 2018, and 2023.



Course Description

This course will cover differential diagnosis and treatment of hypermobility, Hypermobility Spectrum Disorders (HSD) and the Ehlers-Danlos Syndromes (EDS).

HSD/EDS is a commonly overlooked condition that can have a major impact on the general health and wellbeing of patients. Studies show a high incidence of patients with these conditions repeatedly seeking assistance from physical therapy.

PT is described as one of the most useful interventions; however, most patients report failed PT experiences. This course will explain the complex medical comorbidities that can arise in patients with these conditions and will educate on what rehabilitation professionals can do to assist optimal recovery. It will explain when to refer out for specialty care and will cover screening for comorbidities and the interaction of multiple comorbidities so that the rehab professional can empower patients in lifestyle changes that support improved health.

The course will cover examination and treatment of unusual subluxations and will present a paradigm of treatment approach that rehabilitation experts find effective in working with this population. The course will incorporate lab time to practice skills learned and will include case presentations to aid in solidifying the material covered.



Course Learning Objectives

At the end of this course participants will be able to:

- Perform clinical examinations to screen for HSD/hEDS and will have access to online resources for screening other types of EDS.
- Screen for common comorbidities such as Mast Cell Activation Syndrome, Autonomic Dysfunction, and Digestive Issues and will know when to refer out for specialty care
- Modify treatments to accommodate comorbidities
- Perform clinical testing for Postural Orthostatic Tachycardia Syndrome (POTS) and will be able to modify exercise approaches for treatment of POTS.
- Recognize common subluxations in the major joints of the body and will demonstrate at least one treatment for correction of these subluxations
- Understand the treatment paradigm presented so they can apply it to treatment of patients with HSD/EDS
- Gain mastery over treatment progression in this patient population
- Identify red flags that require safety checks prior to continuing with treatment
- Identify common neurological manifestations in HSD/EDS.
- Identify the multiple types and drivers of pain that patients with HSD/EDS may present with.

AGENDA

TWO DAY COURSE

DAY 1

7:30 AM

Registration

8:00 AM - 9:00 AM

Introduction to pathophysiology, etiology, epidemiology, and diagnostic criteria

9:00 AM - 9:30 AM

Application of diagnostic criteria (Lab)

9:30 AM - 10:00 AM

Dysautonomia and postural orthostatic tachycardia syndrome (POTS), pathophysiology and diagnostic criteria

10:00 AM - 10:15 AM

Break

10:15 AM - 11:30 AM

Beyond Diagnosis: Physical therapy examination and evaluation of patients with HSD and EDS

11:30 AM - 12:00 PM

Application of PT examination techniques (Lab)

12:00 PM - 1:00 PM

Lunch

1:00 PM - 2:00 PM

Mast cell activation disorder (MCAD), gut health and pelvic health issues
2:00-3:00 Musculoskeletal interventions for HSD/EDS and POTS through the life-span.

3:00 PM - 3:15 PM

Break

3:15 PM - 3:45 PM

Interventions for HSD and POTS, including both case studies of pediatric, adult and geriatric patients, small and large group discussion about treatment modifications (Lab)

3:45 PM - 4:15 PM

Psychosocial components of care: sleep hygiene, stress management, coping skills

4:15 PM - 4:30 PM

Integrating with other providers: medical management, etc.

4:30 PM - 5:00 PM

Medically complex case studies

AGENDA

TWO DAY COURSE

DAY 2

8:00 AM - 9:00 AM

Neurological Manifestations in EDS/HSD

9:00 AM - 9:30 AM

Examination of the mid to lower cervical spine and upper cervical spine, treatment approaches and activation of stabilizers.

9:30 AM - 10:00 AM

Lab to practice palpating and treatment via long hold repositioning, activation of stabilizers, and self treatment approaches

10:00 AM - 10:15 AM

Break

10:15 AM - 11:00 AM

Pain generators and differential treatment approaches

11:00 AM - 11:45 AM

Upper extremity examination and treatment

11:45 AM - 12:00 PM

Elbow and hand assessment and treatment of common subluxations (Lab)

12:00 PM - 1:00 PM

Lunch

1:00 PM - 1:30 PM

Thoracic spine and lumbar evaluation and techniques to aid alignment

1:30 PM - 2:00 PM

Assessing and teaching self treatments of thoracic, rib and lumbar subluxations (Lab)

2:00 PM - 2:30 PM

Hip vs Pelvis subluxations

2:30 PM - 3:00 PM

Assessing spine vs pelvis vs hip subluxations (Lab)

3:00 PM - 3:15 PM

Break

3:15 PM - 3:45 PM

Knee, tibiofibular and foot subluxations - evaluation and treatment ideas for common subluxations

3:45 PM - 4:15PM

Assessing knee vs tibiofibular vs foot subluxation (Lab)

4:15 PM - 4:45 PM

Orthopedically complex case studies

4:45 PM - 5:00 PM

Q & A with Summary



Registration Information

Registration information:

Registration is on a first-come, first-served basis. Space is limited.

Registration Fee: The registration fee is as follows:

A \$25 early bird discount is available to participants who register prior to the determined date of the course.

Registration fees cover electronic certificate of attendance and also electronic course handout.

Refund Policy: Full refunds, minus a \$50 administrative fee, will be granted if cancellation is requested a full 30 days prior to the course.

No refunds will be made after that date unless the course is canceled by provider, in which case full refunds will be issued.

Contact Hours:

This course qualifies for 15.0 contact hours for Physical Therapists, Physical Therapy Assistants, Occupational Therapists and Occupational Therapy Assistants.

Continuing education credit in additional states and countries may be available.

Please email info@tamingthezebra.org to determine if continuing education credits can be submitted for your state.

Certificates of attendance will be issued to all participants completing the CEU requirements.

Taming the Zebra

It's Much More than Hypermobility

www.tamingthezebra.org
tamingthezebra@gmail.com
@tamingthezebra

Taming the Zebra

It's Much more Than Hypermobility

THE DEFINITIVE PHYSICAL THERAPY GUIDE TO MANAGING HSD/EDS
VOLUME 1: SYSTEMIC INVOLVEMENT AND GENERAL STRATEGIES



Patricia J. Stott DPT, PT, MS, ATC, CHT, CYT
Heather Purdin, MS, PT, CMPT

Now Available on Amazon!

A Resource Guide for both HSD
& EDS Patients and Providers