

**News on Physiocure  
Anna Higo & Louise Grant  
at  
International Symposium on the Ehlers Danlos Syndromes  
Ghent, Belgium  
26<sup>th</sup> -29<sup>th</sup> September 2018**



Let us tell you what brought us here on this conference.....

As many of you know, Anna is a Shoulder Specialist Physio and Lou is a Hip Specialist Physio, and for many years now they have been seeing complex patients with these problems from all over the UK. We work in our clinic together with our whole team under one roof, and so we communicate a lot to trouble-shoot problems. We noticed years ago that the majority of our patients had BOTH shoulder and hip problems, we also noticed that we felt a bit lost with the Beighton's scale as our hypermobile hips and shoulders did not fit into the scale. We also noticed they healed differently and were more susceptible to nerve sensitivity and altered unusual sensations after surgery.

It was about 8 years ago that one of our hypermobile patients told us she had POTs and Ehlers Danlos that we really increased our reading and awareness of this syndrome. We can't thank that patient enough for her part in opening our eyes to the spectrum of EDS and how hidden it was as a condition, and for bringing in the research papers and information to share with us. From then it has been a learning journey and this conference brought all our pieces of the EDS jigsaw puzzle together.



This 4 day conference was inspiring and covered talks from geneticists, researchers, scientists, doctors and physios from all over the world.

The 2017 classification was discussed

<https://www.ehlers-danlos.com/2017-eds-international-classification/>

And the Royal College of GP's EDS toolkit to help health professionals understand and signpost patients

<http://www.rcgp.org.uk/clinical-and-research/resources/toolkits/ehlers-danlos-syndromes-toolkit.aspx>

We also enjoyed waffles, moules and frites and Belgium beer in the beautiful Ghent!

We met the amazing Lara Bloom from the EDS society, Dr Emma Reinhold, Dr Kazkaz, Dr Gemma Pearce and Prof Rodney Grahame.

Physiocure are now planning to roll out some work shops to help our EDS patients in collaboration with our Occupational Therapist. Work was done this summer at our Practice by MSc OT students in Leeds looking at how OT can help EDS patients in a group format. Check our website for updates on this [www.physiocure.org.uk](http://www.physiocure.org.uk)

