

DM Orthotics and EDS/HSD

GILL IS 39 YEARS OLD AND HAS THE HYPERMOBILE TYPE OF EHLERS-DANLOS SYNDROME.

Struggling with constant pain, Gill cannot work and struggles to lead a regular life, with loose, unstable joints that lead to dislocations all over her body. Gill received regular treatment for her condition, with manipulations on a routine basis to relocate her joints and physio to strengthen and protect her muscles and joints.

"My quality of life had gone down quite a bit, I was struggling to do anything on a daily basis."

Working with her physiotherapist, Gill started to investigate products that may help her to avoid the use of a wheelchair, which is when she heard about DM Orthotics from a friend.

DM Orthotics are the creator of the world-leading range of Elastomeric Fabric Orthoses. Currently, DM Orthotics provide DMO® (dynamic movement orthoses) products to over 25 countries, helping to improve the lives of people who face a range of physical challenges.

Gill came down to Redruth to see the DM Orthotics team, working together on a full-length bodysuit that would cover the joints throughout her body. By stabilising her shoulders and her pelvis/hips, keeping her ribs and knees in place, the suit provided Gill with the support her body needed. After receiving her bodysuit, Gill started wearing it and immediately noticed the results. Using the suit 24 hours a day, Gill found the suit played a vital role in reducing dislocations during the night.

One of Gill's problem areas was her feet; her laxity had caused her toes to start to spread out and she struggled to balance or be able to walk without severe pain. Getting back in touch with DM Orthotics, Gill visited Redruth once more to learn more about the DMO® Socks.

After receiving the design for the sock with the bespoke paneling, Gill instantly noticed a large reduction in pain. On her first dog walk in the sock, she experienced much more freedom with improved balance and stability. Gill says the socks have given her her life back again.

Thanks to an exceptionally talented team of clinical specialists nationwide and manufacturing experts in Redruth, thousands of people like Gill are enjoying a much-improved quality of life. For some, that means being able to compete at the very highest sporting levels, whilst for others, it means achieving a degree of mobility that might once have seemed impossible.



CHARLOTTE TITTERINGTON-COLMAN

Charlotte Titterington-Colman is one of many EDS patients to benefit and has recently started sharing her journey on Instagram in the hope she can help others facing similar battles.

"I am 17 years old and I have Ehlers-Danlos syndrome. My physio suggested wearing orthotics to provide support. I wear the socks, leggings, vest and right glove almost everyday."

This compression clothing has allowed me to do so much more with my life. Not only has it provided support, it has helped reduce my fatigue and improved my PoTS (postural tachycardia syndrome)."

Charlotte was introduced to DM Orthotics products by Physiocure. Physiocure is a multi-disciplinary team (MDT) clinic based in Leeds, UK; founded by Anna Higo and Louise Grant in 2000. The team consists of physiotherapists, massage therapists, Pilates practitioners, a podiatrist, a strength and conditioning coach and a psychotherapist. This MDT approach has proved invaluable in the treatment of EDS and HSD patients.

PHYSIOCURE – EDS GHENT 2018

Anna, who specialises in shoulders and Louise, in hips, began the specialist work with the EDS/HSD community after recognising a link in their complex patients. They also receive complex pre and post op patients from leading orthopaedic surgeons who often want this MDT approach to fully assess if the patient is appropriate for surgery, and what the outcomes may present. The team believes that their way of working in the orthopaedic world could be of huge benefit to the EDS community and give a better understanding of this condition to surgeons who may be considering operating.

At the annual EDS conference in Ghent in 2018, Anna and Louise met DMO Orthotics. This was a turning point in the management of their EDS/HSD clients. They already knew kinesiology tape helped and many patients described liking the feeling of wearing leggings or vests so the concept of DMO appealed. After referring some initial patients and hearing positive feedback, a DMO clinic was set up out of Physiocure so that their patients could benefit from the orthotist and physio being in direct contact. These clinics have been invaluable in caring for their EDS patients.

"Combining my orthotics with physio has allowed me to start to run, which is something I never thought I'd get to do again. Thank you DM Orthotics. You have helped to give me a better life."

DM Orthotics know all EDS patients are unique in their presentation, therefore their bespoke range of dynamic movement orthoses are manufactured to address your specific requirements. Dynamic movement orthoses work using a combination of compression to influence sensory and proprioceptive feedback in conjunction with strategically placed reinforcement panels which guide the affected body parts into a better postural or functional position. The orthoses will also help to support any joints which are prone to dislocation.

DM Orthotics recently launched their DMO® Essentials range, making their products more accessible to a larger number of people. These products are now sold through an online shop that sells standard-sized items for both adults and children.

"This is an exciting step for us and one which will make it easier for more people to take advantage of the expertise we offer," said Chief Executive Officer Dan Severn. "We know EDS can be managed and improved by wearing orthoses. You only need to read our patient testimonials to realise the huge difference they make."

For more information, please visit www.dmorthotics.com or get in touch on 01209 219205 or via email: admin@dmorthotics.com

We know all EDS patients are unique, therefore our bespoke range of dynamic movement orthoses are made to address your specific requirements.

Our orthoses use compression to influence sensory & proprioceptive feedback in conjunction with strategically placed reinforcement panels, which guide the body into a better postural position and helps to support joints that are prone to dislocation.

Our EDS patients report reduction or elimination of pain, reduced fatigue and an increased ability to function whilst wearing our orthoses.



Our pre-sized DMO® Essentials orthoses work using strategically placed panelling which positions the body into improved postural alignment. This new biomechanical state combined with enhanced proprioception, stimulates and adjusts the neuro-sensory system, training muscles to work with improved tone, strength and performance.



dm orthotics
ESSENTIALS



For more information
email: admin@dmorthotics.com
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Order the Essentials range online at
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FragileLinks

Living with Ehlers-Danlos syndromes
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YOUR STORIES:

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Building your own
EDS toolkit

Inside a residential pain
management programme

Understanding research
in the context of EDS
and HSD

MAKING OUR INVISIBLE **VISIBLE**

What are the Ehlers-Danlos syndromes?

The Ehlers-Danlos syndromes are a group of genetic connective tissue disorders with symptoms affecting the whole body.

Those affected face challenges to their physical and mental health. Symptoms are widespread and can be disabling. One of the rarer types significantly reduces life expectancy. Hypermobility spectrum disorders (HSD) have similar symptoms to the most common type of Ehlers-Danlos syndrome, the hypermobile type. People now diagnosed with HSD may have been classified in the past as having Ehlers-Danlos syndrome.

13,000

The Ehlers-Danlos syndromes affect at least 13,000 people in the UK (1 in 5,000).

They affect women, men and children of all races.

10 years

is the average time to diagnosis in the UK.

The Ehlers-Danlos syndromes can be difficult to recognise because some symptoms can be mistaken for other conditions.

Family history and genetics

Ehlers-Danlos syndromes are genetic conditions, meaning other family members may be at risk of having the condition.

There is a 50% chance the condition will be passed on to children.

A person can also have one of the Ehlers-Danlos syndromes when there is no family history.

50%

Support

The Ehlers-Danlos Support UK supports people with Ehlers-Danlos syndromes and hypermobility spectrum disorders. We provide information and support through physical and virtual support groups, a helpline, website and events. We educate medical professionals to recognise the conditions and we promote and fund research to advance knowledge about them.

Call our helpline today: **0800 907 8518**

NEW EDS UK
AWARENESS POSTER
Coming soon to
the shop!
Ehlers-danlos.org/shop

Symptoms

The symptoms of the most common types include:

Fatigue



Chronic pain



Difficulty regulating blood pressure



Gut, bowel and bladder problems



Prolapsing organs



Fragile, stretchy skin which damages easily



Loose joints which dislocate easily

The rarer types have additional distinctive signs and symptoms.



EDS

EHLERS-DANLOS SUPPORT UK

Visit: ehlers-danlos.org