



# A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome: Working with the Chronic Complex Patient

*By Isobel Knight*



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**A Multidisciplinary Approach to Managing Ehlers-Danlos (Type III) - Hypermobility Syndrome: Working with the Chronic Complex Patient** By Isobel Knight

The complex effects of Ehlers-Danlos Syndrome (Type 3, Hypermobility), or EDSIII, on a patient's physical and mental wellbeing are extremely challenging for everyone involved, requiring a multidisciplinary care team and enormous dedication from the patient.

This book presents an overview of what it means to be a chronic complex patient, examining the wide range of physiological and psychological implications associated with EDSIII and other conditions such as endometriosis and fibromyalgia. It explores the exercise and rehabilitation work involved in managing the condition effectively, considering a diverse range of medical treatments and complementary approaches including physiotherapy, Bowen Technique and Feldenkrais Method(R). There are contributions and insights throughout from experts in the fields of physiotherapy, rheumatology and health psychology, all of whom have extensive experience of working with complex chronic patients. The author links her own symptoms and experiences to those of other EDSIII patients and discusses how she has been able to reach a point where she can successfully manage the condition.

This book will be essential reading for professionals working with EDSIII and other complex conditions including medical professionals, physiotherapists, occupational therapists, psychologists, counsellors and complementary therapists, and will be of interest to patients with EDSIII wanting to learn more about effective management of the condition.



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### **Editorial Review**

#### **Review**

Isobel has once again written an incredibly readable account of her never ending journey dealing with (HMS) and the effect it has on her body and those of fellow sufferers. -- Pilates with Julia blog and Pilates Tree Magazine, Julia Crossman This second book by Isobel Knight on Ehlers-Danlos Syndrome (Type III) is targeted at medical professionals and offers a unique combination of the latest research on the subject plus her own experiences as a sufferer of one the hypermobility syndromes (Type III). Despite the target audience being medical professionals the book will no doubt be read by the vast numbers of people suffering from a hypermobility syndrome who hunger for information. One of the downfalls of having a multi-systemic condition is that often professionals from differing disciplines do not communicate with each other - this book pulls together all of the information available which makes it a must read for all who work with people with Ehlers-Danlos Type III. -- Donna Wicks, Senior Medical Liaison Officer, The Hypermobility Syndrome Association This unique book is recommended for health professionals wishing to gain a lived experience perspective of JHS/EDS III. The author has invested considerable time and energy researching, reflecting and understanding the complexities of this condition. The result is a culmination of an autoethnography with clinical explanations. -- Carol J. Clark, MCSP, MSc, PhD, Lecturer in Physiotherapy, Bournemouth University A fantastic read for anyone living with Ehlers-Danlos Syndrome, especially the Hypermobility type. Isobel's personal account of day-to-day life with the condition provides detailed descriptions and insights on how to cope, backed up by good medical information, I highly recommend. -- Lara Bloom, Development Manager, EDS UK

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Isobel has once again written an incredibly readable account of her never ending journey dealing with (HMS) and the effect it has on her body and those of fellow sufferers. (Pilates with Julia blog and Pilates Tree Magazine, Julia Crossman)

This second book by Isobel Knight on Ehlers-Danlos Syndrome (Type III) is targeted at medical professionals and offers a unique combination of the latest research on the subject plus her own experiences as a sufferer of one the hypermobility syndromes (Type III). Despite the target audience being medical professionals the book will no doubt be read by the vast numbers of people suffering from a hypermobility syndrome who hunger for information. One of the downfalls of having a multi-systemic condition is that often professionals from differing disciplines do not communicate with each other - this book pulls together all of the information available which makes it a must read for all who work with people with Ehlers-Danlos Type III. (Donna Wicks, Senior Medical Liaison Officer, The Hypermobility Syndrome Association)

This unique book is recommended for health professionals wishing to gain a lived experience perspective of JHS/EDS III. The author has invested considerable time and energy researching, reflecting and understanding the complexities of this condition. The result is a culmination of an autoethnography with clinical explanations. (Carol J. Clark, MCSP, MSc, PhD, Lecturer in Physiotherapy, Bournemouth University)

A fantastic read for anyone living with Ehlers-Danlos Syndrome, especially the Hypermobility type. Isobel's personal account of day-to-day life with the condition provides detailed descriptions and insights on how to cope, backed up by good medical information, I highly recommend. (Lara Bloom, Development Manager, EDS UK)

## About the Author

Isobel Knight is a writer, researcher and periodic lecturer on Ehlers-Danlos (Type III) Hypermobility Syndrome. Isobel is also a practising Bowen Therapist and lives in South London.

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