

# EHLERS DANLOS SYNDROME

## WHAT IS IT?

An inherited connective tissue disorder where a gene mutation creates weakened collagen throughout the body. Collagen is a building block of several different systems throughout the body: musculoskeletal, neurological, gastrointestinal, and cardiovascular. This can cause a number of different symptoms with a wide variety of presentation between people

## POSSIBLE SYMPTOMS

### **Musculoskeletal**

pain, dislocations, muscle tightness, poor posture, headaches, chronic fatigue

### **Cardiovascular**

lightheadedness, dizziness, poor endurance, fainting, referred heart pain

### **Gastrointestinal**

constipation, IBS, issues with eating GERD, bloating

### **Neurological**

poor balance, poor coordination, increased pain perception

### **Other**

easy bruising, skin hyperextensibility, poor immune system, anxiety, depression, issues sleeping

# CONSIDERATIONS FOR OBGYN

- Pelvis hypermobility frequently causes misalignment of sacroiliac joint
- High likelihood of pelvic dysfunction
- Pelvic floor tightness most likely due to muscle compensation for hip weakness
- Changes in hormones can exacerbate EDS symptoms

## MODIFICATIONS FOR PATIENTS

- Use a small pillow at low back to decrease irritation during pelvic exam
- Take breaks during exam to decrease hip and lumbar spine irritation
- Do not plan a lot of other activities for the day