

Welcome!



Capital Area Ehlers-Danlos Syndrome Support Group

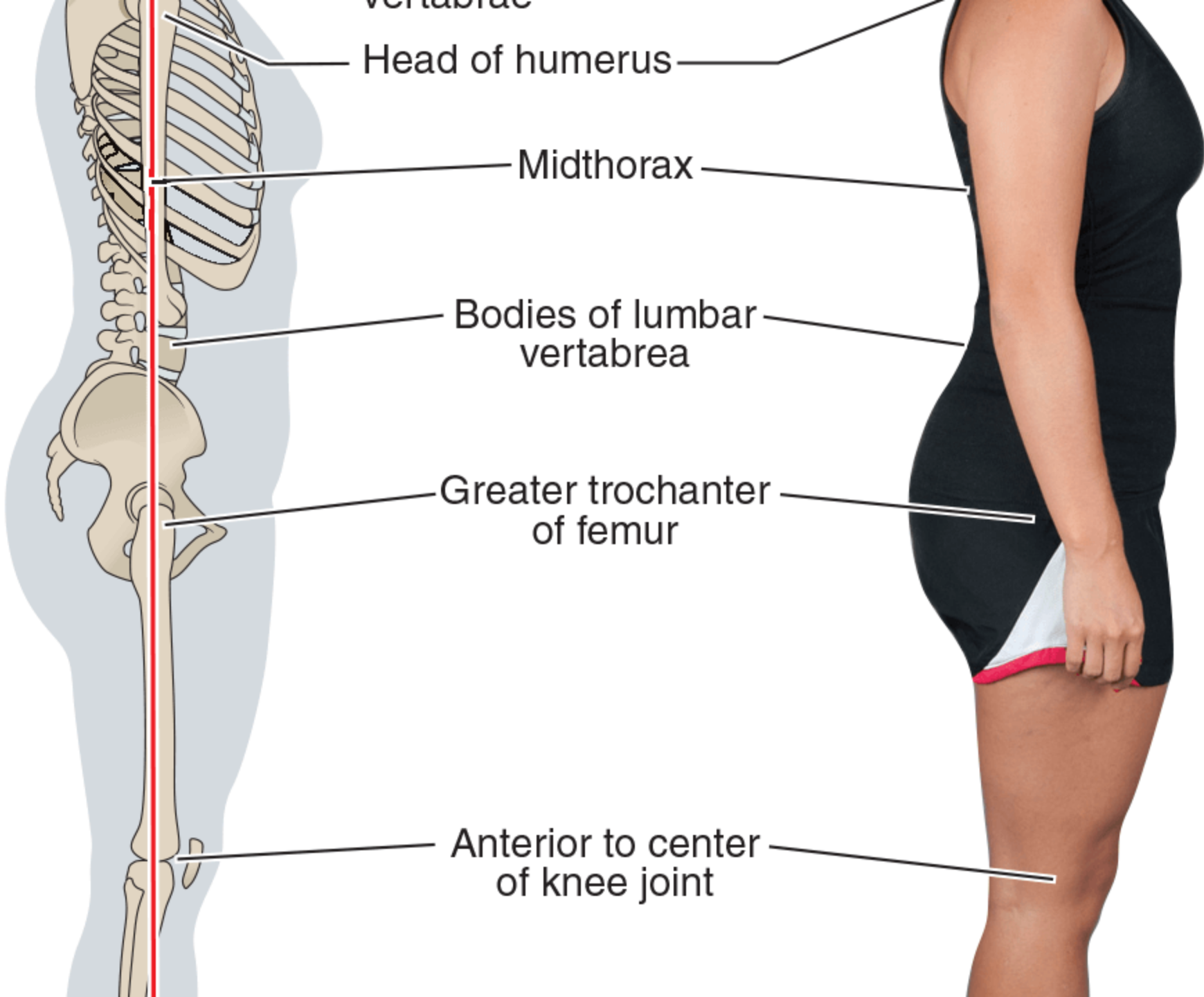
Ehlers-Danlos Syndrome

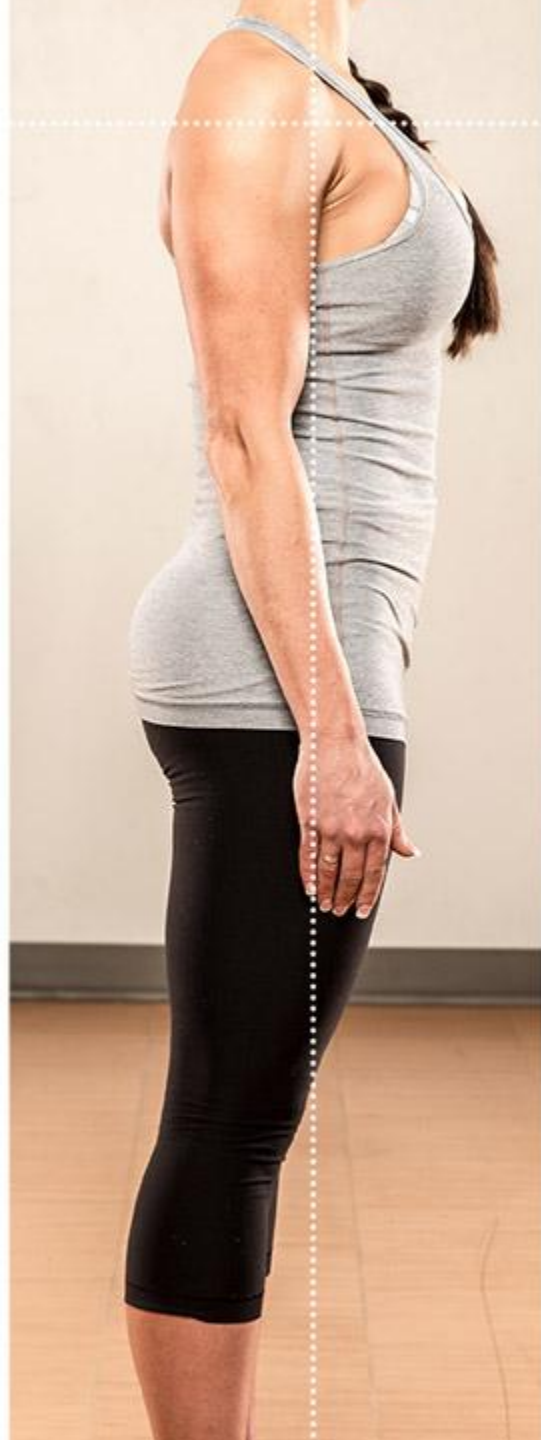


POSTURE AND CORE

GAYLE YANKEE, MSN, NP (RET.)

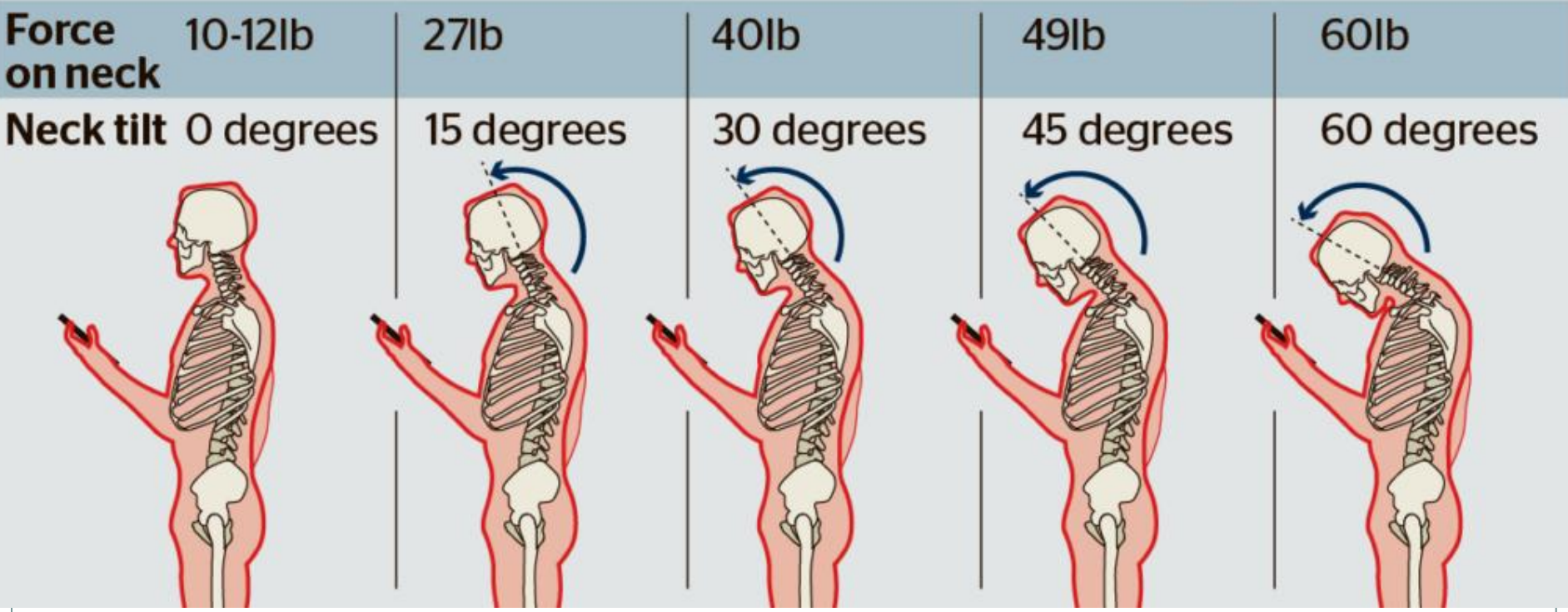
JUNE 14, 2018

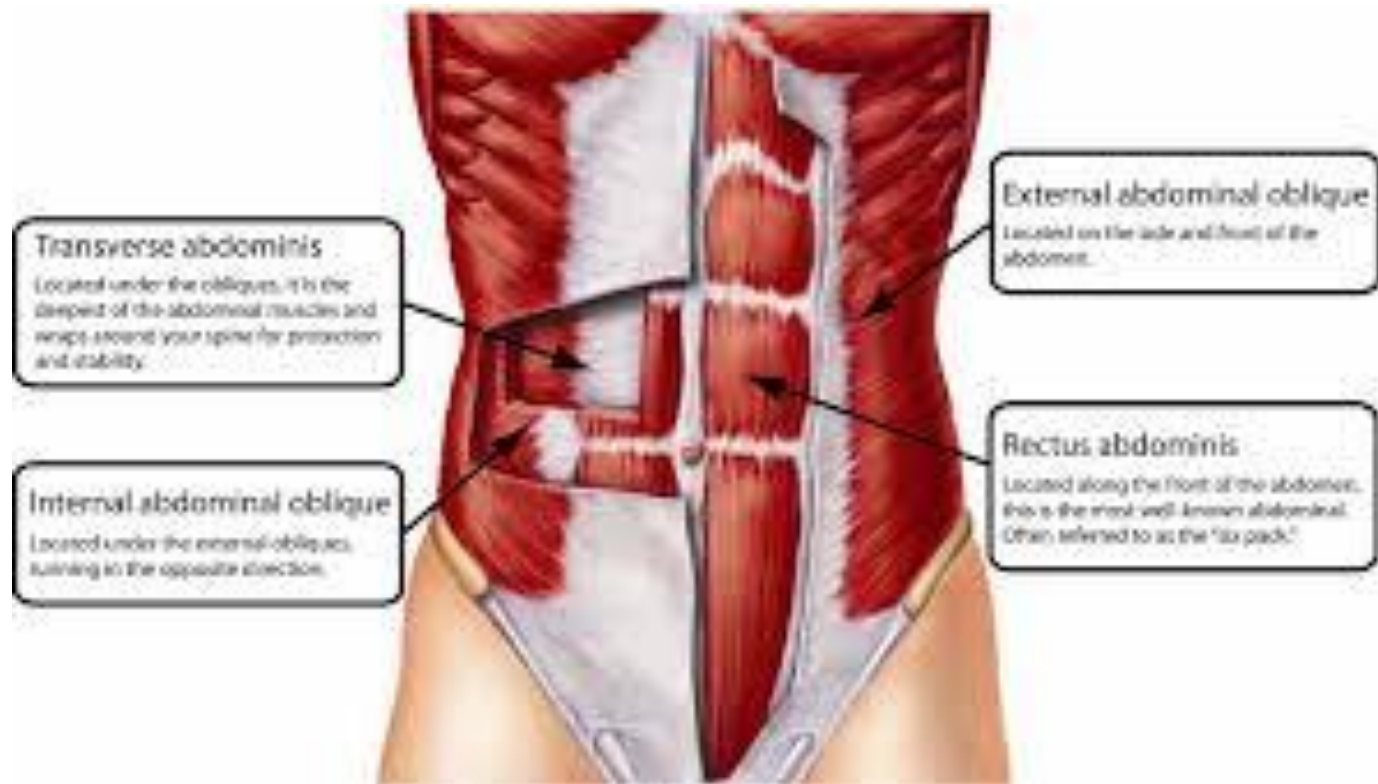




How texting could damage your spine

Forces on the neck increase the more we tilt our heads, causing spine curvature





Topics for Future Meetings?



- How is EDS diagnosed?
- Pain Management
- Exercise, Physical Therapy
- Self Care
- Gastrointestinal Issues
- Psychological Issues (depression and anxiety, ADD, Autism Spectrum Disorders)
- What's Your Story?

Thank You!



Time for us to talk!
Any questions?