Welcome!

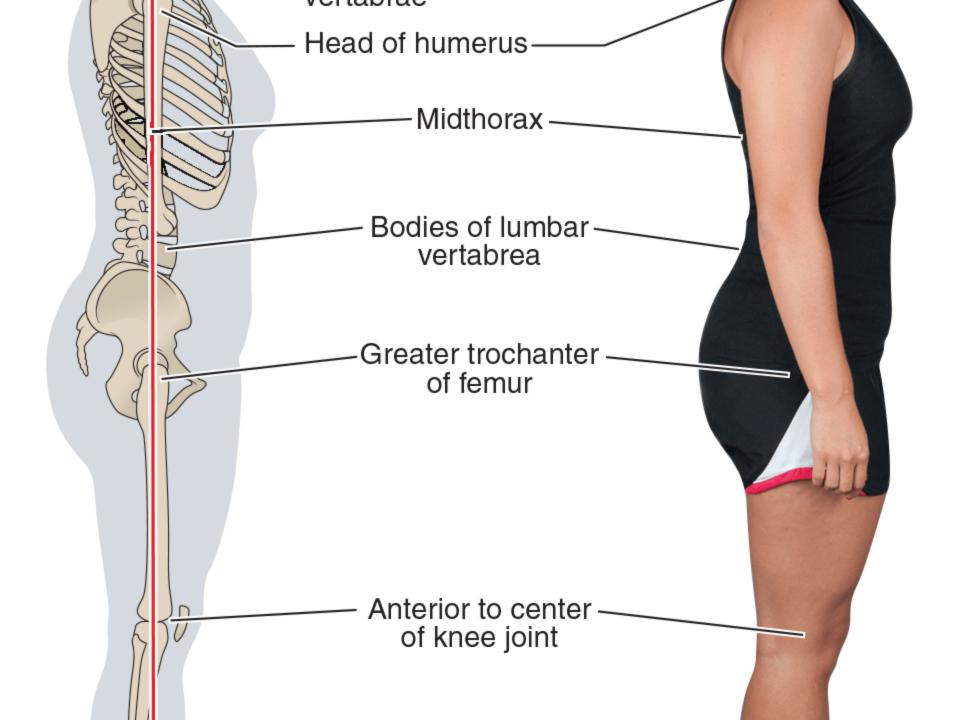


Capital Area
Ehlers-Danlos Syndrome
Support Group

Ehlers-Danlos Syndrome

POSTURE AND CORE

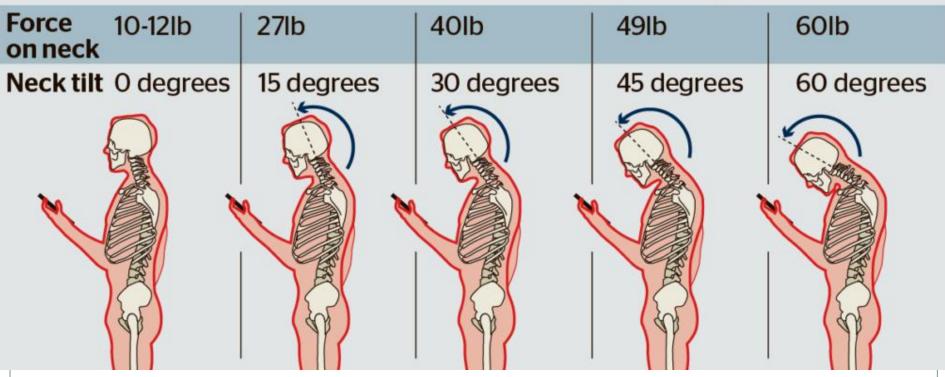
GAYLE YANKEE, MSN, NP (RET.)
JUNE 14, 2018





How texting could damage your spine

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

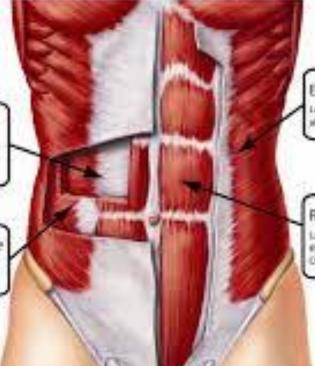


Transverse abdominis

Cocyleal under the obliques, it is the deeperd of the abdominal resultins and empty around your spine for protection and stability.

Internal abdominal oblique

Located under the enternal obliques, running to the opposite storction.



External abdominal oblique

Located on the lade and front of the abdomen.

Rectus abdominis

Located along the front of the abdomen. this is the most well known abdominal. Other, referred to as the "as pack."

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?