



Day and Night Posture Control in hEDS and HSD
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Many symptoms can be alleviated just by controlling the posture day and night, thus improve sleep and reduce pain. If non-EDS persons do not have good posture during the day and/or night, they develop pain and fatigue, difficulty to read through their multifocal glasses, and inability to sleep. For EDS patients whose 1) joints dislocate or subluxate, 2) ligaments and tendons are loose, and 3) muscles work double to hold in place those loose joints, the day pain and fatigue are much worse, as is the inability to sleep, which in turn increases pain. Thus, patients with EDS, especially those with hypermobility, need to practice posture control during daily activities and night sleep. If anyone slouches during daily activities and/or night sleep it will lead to 1) stretched back muscles, 2) shorten and weak chest muscles, 3) stretch associated injuries of the brainstem, spinal cord, and nerves, and 4) pain. For EDS patients all of these are much worse. See references 1 – 19.

Day posture recommendations:

- when standing, walking, sitting, eating, reading paper and screen, using the phone, using the keyboard, handwriting → ears, shoulders, hips should be aligned.
 - when using computer → elbows, hips, knees, ankles should be at 90 degrees; hands-wrists should be in straight line on the keyboard and mouse; screen should be slightly below the eyes
- See next page diagrams and references 1 – 11, 14, 19.

Do Not tip the head down if you have craniocervical and/or cervical instability, after craniocervical and/or cervical fusion surgery, tethered cord syndrome and after tethered cord release surgery. When:

- eating → place your plate on top of a shoe box,
- cooking → sit on a high-chair,
- reading → use a reading support, see link https://www.ebay.co.uk/b/book-rest/bn_7024760377

Night posture recommendations → Do Not sleep in the following positions:

- with the knees up on your chest and/or with the chin down on your chest (especially for those who have craniocervical and/or cervical instability, after craniocervical and/or cervical fusion surgery, tethered cord syndrome and after tethered cord release surgery)
 - on your abdomen with your head turned over (especially for craniocervical and/or cervical instability, after craniocervical and/or cervical fusion surgery)
 - with your hands turned under your head and chin (for carpal tunnel, epicondylitis/tennis elbow, and hypermobile thumbs, fingers and wrist joints), and
 - with your feet overstretched in pointe position (for plantar fasciitis, hypermobile ankles & toes)
- See diagrams and references 1, 3-7, 9, 11-18.

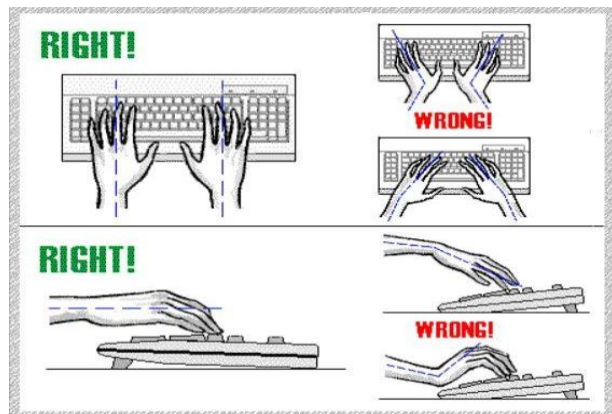
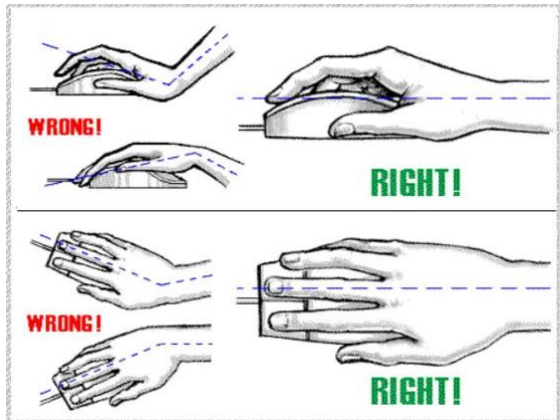
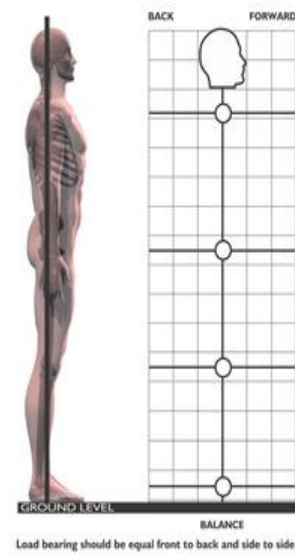
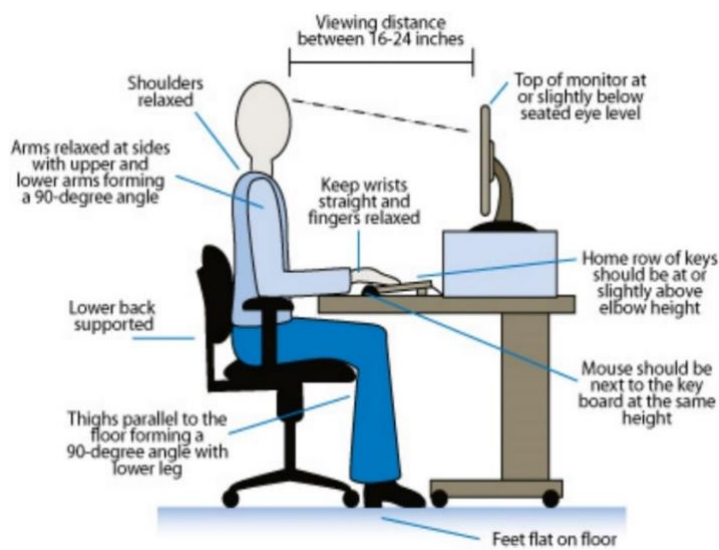
Pillow use

- a small pillow between your knees (for spine, hips, and knees instability)
 - IKEA supportive ROSENKÄRM Ergonomic pillow, side/back sleeper, see link <https://www.ikea.com/ca/en/p/rosenskaerm-ergonomic-pillow-side-back-sleeper-50444368/>
- See diagrams and references 1, 3-7, 9, 11-14, 17-19.

Use **Aspen Vista rigid neck brace** every time when resting during the day, sleeping during the night, and also during long drives for craniocervical and/or cervical instability, after craniocervical and/or cervical fusion surgery, tethered cord syndrome and after tethered cord release surgery (Note: this is expert consensus). See link <https://www.aspenmp.com/vistar-cervical-collar.html>

For additional information on **Day and Night Posture Control in hEDS and HSD**, please see:

- below diagrams on posture and
- articles 1-19 in the References at the end



References

1.-Stretch-Associated Injury in Cervical Spondylotic Myelopathy: New Concept and Review <https://www.ncbi.nlm.nih.gov/pubmed/15854260> 2

2.-The effect of exercise/physical activity on chronic pain and pain-related mental health issues, in computer workers with repetitive strain injuries
<https://ruor.uottawa.ca/handle/10393/27934?mode=full>

3.-CHEO Joint Hypermobility
<https://www.cheo.on.ca/en/resources-and-support/resources/P6135E.pdf>

4.-EDS Overview & Question on Cure,
<https://www.theilcfoundation.org/wp-content/uploads/2021/09/EDS-Overview-ILC-6.pdf>

5.-How Poor Posture Causes Neck Pain
<https://www.spine-health.com/conditions/neck-pain/how-poor-posture-causes-neck-pain>

6.-Forward Head Posture's Effect on Neck Muscles
<https://www.spine-health.com/conditions/neck-pain/forward-head-postures-effect-neck-muscles>

7.-Forward Head Posture's Effect on the Cervical Spine
<https://www.spine-health.com/conditions/neck-pain/forward-head-postures-effect-cervical-spine>

8.-Workplace Ergonomics and Neck Pain
<https://www.spine-health.com/conditions/neck-pain/workplace-ergonomics-and-neck-pain>

9.- 6 EFFECTS OF POOR POSTURE ON THE BODY
<https://integrehab.com/blog/back-pain/6-effects-poor-posture/>

10.-Smartphone-related neck pain on the increase. Spine specialists recommend holding phone at eye level or taking a break from texting to head off pain
<http://www.cbc.ca/news/health/text-neck-study-1.4071191>

11.-Frozen Shoulder - "The True Cause" Dallas, Texas Discovery → See at minute 2:38 & 3 the spine in slouch & head forward, and 3:25 spinal cord & brainstem tethering from slouching
https://www.youtube.com/watch?v=ds0zxBkrr3E&ab_channel=Bob%26Brad

12.-Pillow Support and Comfort
<https://www.spine-health.com/wellness/sleep/pillow-support-and-comfort>

13.-Position Yourself for a Good Night's Sleep
<https://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/arthritis-pain-at-night-tips-to-position-yourself>

14.-Five ways to avoid lockdown back pain
<https://www.bbc.com/news/uk-55660362>

15.-Health Canada, Occupational Therapist’s question to Canadian federal employees “in what position are your hands when you sleep at night?”

16.-Dr Henderson, Metropolitan neurosurgery and EDSociety Neurology Working group Chair, question to his EDS patients “in what position do you sleep at night, where are your knees when you sleep?”

17.-Mayo Clinic Minute: What is the best sleeping position?

<https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-what-is-the-best-sleeping-position/>

18.-Slide show: Sleeping positions that reduce back pain

<https://www.mayoclinic.org/diseases-conditions/back-pain/multimedia/sleeping-positions/sls-20076452>

19. -Posture, Alignment and Vertical Load

<http://www.oregonexercisetherapy.com/blog/posture-alignment-and-vertical-load>

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