

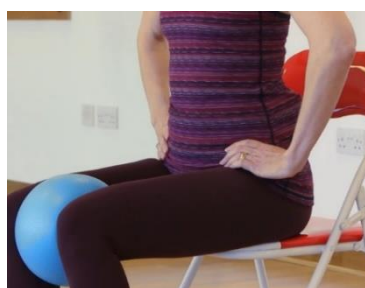
hEDS/HSD Exercise: Proprioception

Class 3 challenges you to work on your proprioception. This is your body's way of communicating with you about its position in space and how each body part relates to others. Proprioception allows us to respond to our joints when they are in challenging positions and helps us to accurately control the movement of our body. Proprioception is known to be reduced for those with certain conditions such as pain and hypermobility. Developing improved proprioception therefore upskills our body and allows us greater protection from pain and hypermobility.

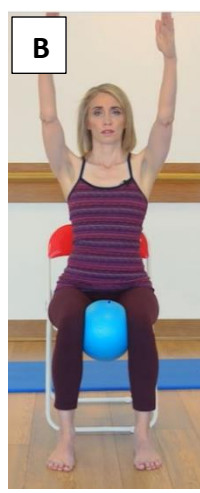
1. Unwind: Starting in a seated position, place a ball/pillow between your knees to provide you with extra sensory information for your proprioceptors. Ensure this ball is the correct size so your legs maintain a nice flowing alignment from your hips to your knees to your ankles and feet. Take the time to become more aware of the felt sensations coming from your body; the weight of your feet on the floor, your sitting bones on the seat, and the position of your head atop your shoulders. Increase the amount of 'body talk' by focusing on your 1,2,3, breathing from class one, notice how the sensations change when you breathe at these different levels.



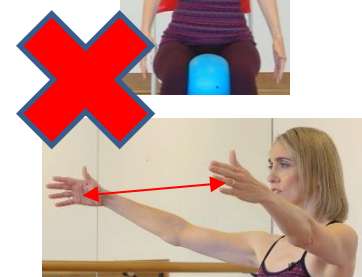
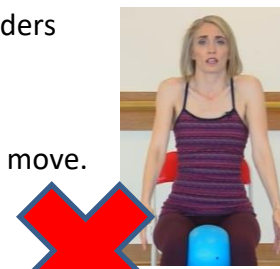
2. Pelvic tilt in sitting: slowly tilt your sitting bones back and forth to allow your pelvis to tilt.



3. Elbow/shoulder rolls: roll the weight of the shoulder back into the socket and glide your arms upwards. You can do this with **A** short arms, elbows bent, or **B** long arms extended.



AVOID hunching the shoulders up as you move.
AVOID widening the gap between your arms as you move.





4. Straight leg raising: using your hands on your hips to feel the position of your pelvis, with or without the ball between your knees to aid alignment and provide sensory feedback, gently straighten and bend each of your knees one at a time. Keep your knees parallel, and keep your shoulder rested and 'quiet'.



5. Ankle circles: lift one foot from the floor. Focus on the area of your ankle and begin to circle the ankle, moving it in both directions.



AVOID using the toes or leg to drive the motion

6. Rolling the ball: As above lift a leg and position your foot on a ball, control the motion of the ball to roll it back and forth in a straight line without putting too much pressure through the ball.





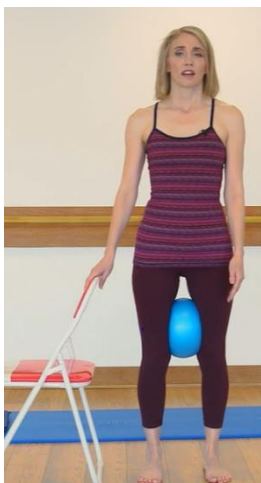
7. Trunk side bends: Keep your arms close to your body, and maintain good positioning of your head and neck on your body as you bend your trunk to each side. Using the ball will help ground your pelvis on the seat offering you a stable base.



8. Trunk rotations: As above for your positioning, with your arms across your chest. Rotate gently through the middle of the body keeping the position of your chin relative to your hands.



9. Heel raises: standing with a chair for support if required. Hold your ball between your knees again for alignment and proprioceptive feedback. Slowly and with control push down into the ground with your feet to allow your heels to float up off the floor.



AVOID pushing too high up onto the toes, where your balance may be decreased, and your joints may be at full stretch



10. Leg raises: Again in standing keep your feet a hip width apart this time without the ball. On an exhale feel the weight of your hip connect with, and fold back into the socket, as it does so allow your knee to float up. On your next exhale lower your foot to the floor with control to position the foot parallel to the other, and again a hip width apart.



11. Finish in a rest position (seated, standing, lying), focus on your breath & the structure/weight of your body. Notice all the messages your body is transmitting to you and notice how your mind interprets these sensations and adds its own perceptions. Return to just noticing and perhaps naming these sensations as they move through your bod