



## hEDS/HSD Exercise: Stability

Class 4 invites you to explore how you generate stability. Stability is a big deal for those with hypermobility and sometimes you may generate stability at the cost of flexibility, or create stability at great cost to local tissues, or find stability in the act of hanging off your joints rather than finding efficient stability from the body's mechanics working in harmony.

1. UNWIND: Starting in our normal position, allow your body to unwind into the floor feeling the weight of the body being supported by the surface you are resting on.



2. Head rolls: Begin to gently, and consciously roll your head from side to side, becoming aware of the feeling of alignment as you return your head to the starting position. Beginning to become aware of head and neck alignment can help when organising your upper body for taking weight through your upper body, whether stabilising the weight of your head, or stabilising your shoulder/arm as you push open a door for example.



3. Arm lifts, raise your arms to the vertical, and alternate between each arm as you push gently up towards the ceiling, followed by gliding your arm back towards the floor.



**AVOID** too much lift.



4. Arm rolls: hold a band or strap of some sort, keeping your arms the same distance apart as you move your arms in an arc up over head. The focus here is on maintaining the alignment of your arms, not the range of movement you can achieve.



5. Wall press: Moving position into standing now, stand at arms length from a solid surface. Keep your elbows soft whilst pushing hands into the wall, notice the reactions of stability occurring at the shoulder. To progress - bend the elbows to travel towards the wall, maintain a relaxed yet straight spine, and allow your heels to lift as you move inwards.



**AVOID** hanging off your hips, hyper- extending elbows, or collapsing into your shoulders



6. Progressive bridge; return to the floor, take your band and raise your arms as for exercise 4. Stand into your feet to allow your pelvis to tilt and progress to a bridge. Keep head and neck quiet and take your awareness to your stability through the whole body.





7. Curl up: on an exhale, roll your head into a tucked chin position, on your next exhale use the whole of the core of your body from the soles of the feet to the roof of the mouth to roll your body up to allow your head to lift from the floor. Keep your elbows either side of your head. If you find this position too difficult for your shoulders adapt or miss this move out.

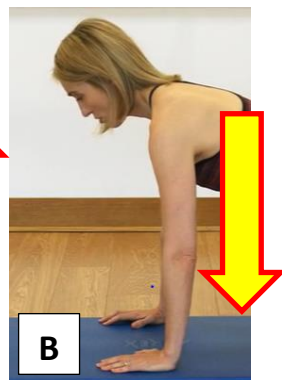


8. Weight bearing in quadruped: Move onto all fours, or if this is too much a half kneel. Build your tolerance in maintaining this position with your weight going through your arms, direct the weight to the outer edges of your hands and little fingers



**AVOID** collapsing into hyper extended arms or dropping your head, if this starts to happen sit back on your heels and reduce the weight on your arms

Now, in your chosen position bring good mindful control to your body awareness  
**A** allow your upper body to glide down causing the shoulder blades to come together on your back, then **B** push through the outer border of your hands to push back up causing the shoulder blades to spread apart. This will help you become aware of the feeling of collapsing into the shoulder, and then correcting the position.





9. Finish in the rest position, focus on your breath & the structure/weight of your body dropping down into the floor. Become aware of the stable surface which is supporting your body. Scan through your body noticing the stable connections



between each area of your body connecting to the next, all being assisted by the surface on which you rest. Notice each breath moving into the back of the lungs and gently inflating your chest with ease.

Photos with permission from Jeannie Di Bon - Strengthen your hypermobile core.