Ehlers Danlos Syndrome

Summary: **Ehlers-Danlos Syndrome (EDS) is an inherited condition that affects connective tissue found in** skin, tendons, ligaments, blood vessels, internal organs and bones. Although there is a spectrum of Ehlers Danlos Syndromes, the most common is the one which causes joint hypermobility.

Symptoms:

* Joint hypermobility
* Loose, unstable joints that dislocate easily
* [Joint pain](https://www.nhs.uk/conditions/joint-pain/) and clicking joints
* Extreme tiredness (fatigue)
* Skin that bruises easily
* Digestive problems, such as [heartburn](https://www.nhs.uk/conditions/heartburn-and-acid-reflux/) and [constipation](https://www.nhs.uk/conditions/constipation/)
* [Dizziness](https://www.nhs.uk/conditions/dizziness/) and an increased heart rate after standing up

Strategies:

* May need to avoid some activities entirely, such as heavy lifting and contact sports.
* May need to wear appropriate protection (Splints/brace etc)
* Fatigue is often a problem.
* May need quiet space to work/time out.
* Use of lift as appropriate.

<https://www.nhs.uk/conditions/ehlers-danlos-syndromes/>