

**HYPERMOBILITY AND HOW TO TRAIN PEOPLE WHO ARE HYPERMOBILE**  
**Saturday October 12, 2019**  
**a workshop taught by Irene Dowd**  
**presented by Stephen Williams at Noho Pilates**

Hypermobility syndrome is being more and more widely recognized. This is because many individuals exhibit genetically-based collagen laxity and/or potential over-stretch and weakness of the soft tissues of their bodies. Since collagen is a major component of skin, fascia, ligaments, tendons, blood vessel walls, and the encasement of organs, lax collagen can contribute to quite a variety of functional challenges. Aging is also associated with collagen becoming more lax (this is why older people become more and more wrinkled, for example). Sometimes people can develop more hypermobility of a particular joint, or joints, as a result of injuries or from intense long-term training practices (e.g. yoga, gymnastics, dance, etc.).

Whatever the cause of a person's hypermobility, training someone who possesses hypermobile joints requires special attention to proprioception (which is less accurate in presence of hypermobility), protection of joints from over-mobilization and forceful stretching (that could contribute to joint injuries and degenerative changes), carefully progressive dynamic strength training and muscle balancing (to provide a "protective physical insurance policy" which facilitates sustained sense of safety while preserved freedom of motion in action), and careful attention to how daily life activities are performed (so as to avoid unconsciously over-mobilizing particular areas).

In this workshop, we will learn how hypermobility is actually defined and identified. We will review some of the most recent research pertaining to various potential consequences for a person living with hypermobility, as well as what might be done to minimize the un-desired consequences. Participants will be introduced to training strategies and protocols that are designed to optimize function of people who are hypermobile, and will be guided through physically experiencing examples of each of these strategies.

As time and interests permit, at the end of the workshop we will consider ways of addressing specific issues that participants are particularly interested in pursuing (for example, uncontrolled knee hyperextension, poor balance, chronically subluxing vertebrae, or unstable shoulder joints).

Date: **October 12, 2019**

Time: **Saturday, 1:30 - 5:30 p.m.**

Fee: **\$200, pre-registration is essential since the course size will be limited**

Location: **Noho Pilates @ 611 Broadway, Suite 608, NYC 10012** (at north-west corner of Broadway and Houston Streets)

Payment must be made to: **"Stephen Williams" only by check or by cash**

For more information: e-mail Stephen Williams at **nohostudio@yahoo.com**

**OR** call Irene Dowd at 212-420-8782 (8am -8pm)