Effect of comprehensive physical therapy on a 25-year-old pregnant female with Ehlers Danlos Syndrome: A case report

Maryann Tadros, SPT and Amanda Grant, PT, DPT, OCS, MTC, CLT, FAAOMPT

BACKGROUND/PURPOSE:

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BACKGROUND/PURPOSE:

Ehlers Danlos Syndrome is an autosomal dominant connective tissue disorder with widespread sequelae that affects multiple organ systems. Patients with EDS have a variety of clinical presentations including generalized joint hypermobility, musculoskeletal pathologies, chronic widespread pain, altered skin texture, myofascial abnormalities, cardiovascular pathologies, and gastrointestinal disorders. Increased mobility of the pelvic joints during pregnancy has been well established with relaxin levels increasing tenfold. Females with Ehlers Danlos Syndrome are at greater risk for pelvic instability, pre-term delivery, and other complications secondary to connective tissue dysfunction. A paucity of research exists regarding the effects of an SI stabilization program in conjunction with manual therapy and proprioceptive retraining in pregnant patients with EDS-hypermobility type.

CONCLUSION:

INTERVENTIONS:

2x a week for 5 weeks progressive sacroiliac joint stabilization, proprioceptive re-training, lower extremity strengthening, and sacroiliac joint compression belt application.

Proprioceptive Retraining:

Sacroiliac joint Stabilization:

Lower Extremity Strengthening:

RESULTS:

CASE DESCRIPTION:

The purpose of this case report is to examine the benefits of multifaceted physical therapy interventions in a pregnant adult female with EDS.

CLINICAL APPLICATION:

- Sacroiliac joint stabilization in conjunction with lumbo-pelvic stabilization, proprioceptive re-training, and manual therapy were effective and improve functional outcomes in a pregnant female with EDS.

REFERENCES