

## Ehlers-Danlos Syndrome for the Rehabilitation Professional

### Course Description

This 4-hour course will cover Ehlers-Danlos Syndrome (EDS), its prevalence and diagnosis as well as how to evaluate and treat EDS for the rehab professional. Upon completion of this course the participant will understand:

1. The diagnosis of EDS, its classifications and multi-system implications for the patient.
2. Assessment for generalized joint hypermobility through use of the Beighton scale and directed subjective history to make appropriate referrals and recommendations.
3. The typical postural issues, their common causes and implications regarding pain and function. Participants will learn through demonstration and practice: practical treatment to address postural issues through education, manual techniques and strengthening for EDS patients.
4. The importance on customized strengthening program for EDS patients to manage their EDS. Participants will be able to develop an appropriate strengthening program for these patients.
5. The impact of proprioception on posture, movement, and balance and potential for pain/injury. The participant will learn through demonstration and practice proprioception training appropriate for EDS patients.

**Sheila Roush, PT, NCS** graduated from Ohio University with a BS in Physical Therapy. She has over 30 years experience working as a physical therapist, mostly in a neurological setting. She is an APTA Board Certified Specialist in Neurology since 2013 and specializes in evaluation and treatment of Ehlers-Danlos as well as many other neurological diagnoses. She has served as a guest lecturer and lab instructor to the University of Dayton's Doctor of Physical Therapy Program. She has presented past Continuing Education on Ehlers Danlos Syndrome, AFO Prescription, Spasticity Management, and Wheelchair Evaluation, and several others.

### Course Schedule:

7:30-8am Registration  
8:00-9:30 Review of Ehlers Danlos Syndrome  
9:30-9:50 Patient Perspective  
9:50-10:05 Break  
10:05-12:00 Lab  
12:00-12:15 Review and Questions

**Program Fees and Registration:** This educational event is being offered to Premier Health employees at no cost. Registration includes course materials, instruction and CEU credit. Registration space is limited to 35 participants and reservations must be received by May 30, 2025.

**Registration:** Via the link: [Ehlers-Danlos Syndrome for the Rehabilitation Professional - WSU Boonshoft School of Medicine & Premier Health CME Alliance - Continuing Education \(CE\) - Ehlers-Danlos Syndrome for the Rehabilitation Professional](#)

### Directions and Parking

The course will be held at 1715 Brown Street Dayton, OH 45409. Please park in the back lot. Course will be held in the gym on the second floor.

### Continuing Education Units:

Physical Therapy: This course has been approved for 4 CEU hours for PT, OT, and ATs through the OPTA, OOTA, and BOC.

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