“Is hypermobility healthy?”
Joint limitations of lower limbs are also a sign of Ehlers-Danlos syndrome (EDS). Results with 252 patients

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INTRODUCTION

Hypermobility in Ehlers-Danlos syndrome was the first historical finding (Tschenogobow, 1892, Ehlers 1900) and is still deemed by many to be a requirement for diagnosis. The discovery of muscle and tendon retractions in lower limbs as a part of this syndrome sheds new light on the diagnostic.

METHODOLOGY

Our study included 232 patients (84% women) from 2 to 70 years of age. Diagnosis Type III/joint hypermobility was made in accordance with the Villefranche classification and Brighton criteria (Grahame & Beighton). The patients enrolled in the study are of the hypermobile type. We looked for muscle, tendon, and aponeurosis retraction in the knees, ankles, and the soles of feet.

RESULTS

In our population of patients, we found a retraction of the hamstrings in 203 individuals (87.5%). Retractions of the sural triceps were found in 90.9% of patients, and retractions of the soles of feet were observed in 95.9% of patients. In children aged 10 and under (32/38 patients): 84.2%.

CONCLUSION

The presence of muscle and tendon retractions in the posterior muscle compartments of the lower limbs and the soles of the feet constitute clinical features of Ehlers-Danlos syndrome. This finding moderates the results of Beighton score. They should be addressed with a view to prevention and treatment, through physical therapy (stretching) but not by surgery.

KEY-WORDS

Ehlers-Danlos Syndrome, hypermobility, Beighton score, Brighton score, contractures, physical medicine.

BIBLIOGRAPHY

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INTRODUCTION

The mechanical consequences of the achievement of collagen in the connective tissue on SED are twofold: their least resistance and loss of elasticity. The tissues are more brittle (bleeding) and less reactive: sensors implanted in these tissues do not transmit or badly (sometimes too much) information to the control systems, creating an imbalance of what is also called the sixth meaning: that of his own body.

GOALS

Our therapeutic goal is to improve the responsiveness of tissues to the whole of the body casing and the respiratory tract.

METHODOLOGY

For body shell, compression garments, custom, are used for the trunk and limbs. They apply the principle of clothes for burned but with another pressures (13.5 mmHg, for a cross section of 24 cm and between 6 and 10 mm Hg, for a radius of 55 cm). They are associated with other orthotics systems (insoles, lomboscapulaire belt, hand braces) with which they combine their effects. Other types of orthotics (dental, palate, prism glasses) can also enhance proprioceptive control.

For the respiratory system, the first application was the use of Percussionnaire of Forrest Morton Bird to solicit respiratory proprioception and fight against «blockages» and frequent (76%) dyspnea in the SED. Observing that ventilation by the Percussionnaire decreases fatigue, we coupled this treatment with oxygen 2 or 3 times a day, 3/5 liters per minute for an adult or oxygen alone.

RESULTS

1,800 patients were fitted with compressive garments. Proprioception is significantly improved by the clothes («I feel my body» say some patients) with better control of walking and upper extremities (shoulders and hands). The pains decrease.

Over 2000 patients have received ventilatory treatment. The percussionnaire improves dramatically blockages, bronchitis, pathological manifestations of the upper airways. Oxygen therapy has an effect on fatigue in 73% and 93% in episodic. On headaches, efficiency was 67% and 53% on the subjective quality of life.

CONCLUSIONS

In a very difficult to treat disease, the compressive garments and oxygen therapy appear to be a particularly interesting contribution .

KEY-WORDS  Ehlers-Danlos syndrome, oxygen therapy, compressive garments, orhesis.

CONTACT

INTRODUCTION

The main problem faced by individuals with Ehlers-Danlos syndrome is the absence and inadequacy of knowledges from physicians about their disease and its treatments. To fill this gap, the Paris-Est-Creteil University, decided to put in place, a specialized degree Ehlers-Danlos syndrome.

GOALS

Train physicians for clinical diagnosis and treatments of the SED. Psychologists, health professionals are also allowed.

METHODOLOGY

Teachers are both competent in their field and in the Ehlers-Danlos syndrome. Geneticists, Rehabilitation, (included scoliosis and bladder reeducation), rheumatologists, gastro-enterologist, orthopaedic and visceral surgeons, gynecologist, odontologist, cardiologist, sleep therapist, psychologists, neuro-imagist, orthesists, physical therapist. They came From France, Quebec (Gail Ouelette) and Great-Britain (Rodney Grahame). The volume of lessons is 110 hours of theoretical instruction and 30 hours of practical lessons. Six two-day sessions over six months for theoretical teaching. Realization of an applied research work about EDS.

A French international colloquium with the participation of EDS specialists was organised in the middle of the teachings with the participation of Rodney Grahame, (London), president, Marco Castori (Roma), Jaime Bravo (Denver & Santiago), Daniel Manicourt (Brussels).

RESULTS

15 medical students will graduate in September 2015 (8 generalists practitioners, 3 Rehabilitation medicine, 1 orthopedist surgeon, 1 gynecologist, 1 pain therapist) and a psychologist. They are from different places in France and for three of them to Geneva, Germany and Rabah.

CONCLUSIONS

This type of training has shown that trained physicians are able to diagnosis and treatment of people with SED. This model is reproducible.

KEY-WORDS

Ehlers-Danlos syndrome, continuing education, education and Ehlers-Danlos syndrome.

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