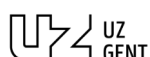




Physiotherapy for cutis laxa

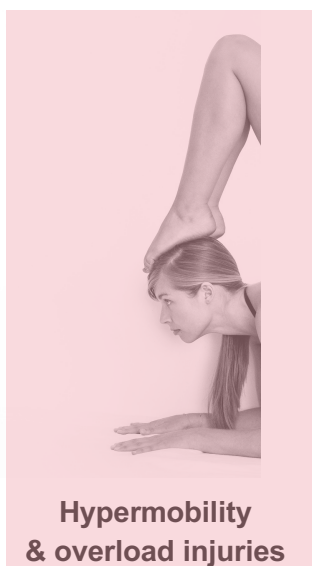
Inge De Wandele



1

Physiotherapy for cutis laxa

What are the problems we can help with?



**Muscle tension
& pain**



**Endurance training
& sports**

3

Physiotherapy for cutis laxa

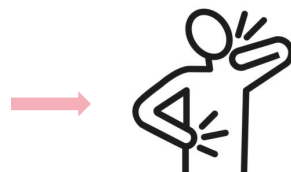


Hypermobility

Examples

Movement errors!
Faulty posture

**Strain on joints,
tendons & muscles**



**Pain
& overload injuries**

4

Movement & posture errors



5

Knee & hip



6

Knee & hip



Left side

- **Knee falls inward**
=Looking for stability
without the muscles having to work for it
- Let's have a closer look**

Right side

- **Insufficient knee control**
- **Insufficient balance**

7

Knee & hip

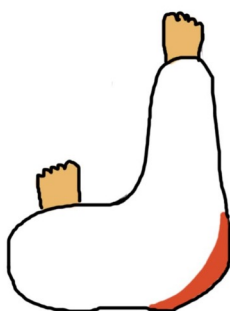


What is happening?

- Knee goes inward
→ Wrenching patella tendon → Irritation
- Hip sticks out more
→ Friction laterally → Irritation tendon & bursa

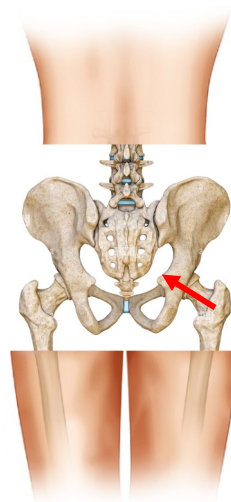
8

Knee & hip



What is the cause?

- Deep external rotators are weak
- Stronger → Knee moves more straight

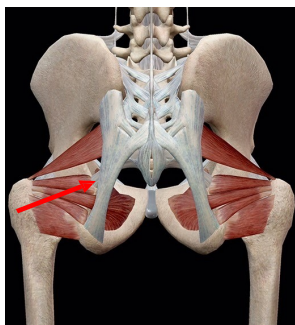


Additional benefit:

- Deep muscles pull hip into socket
→ stability!

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Knee & hip



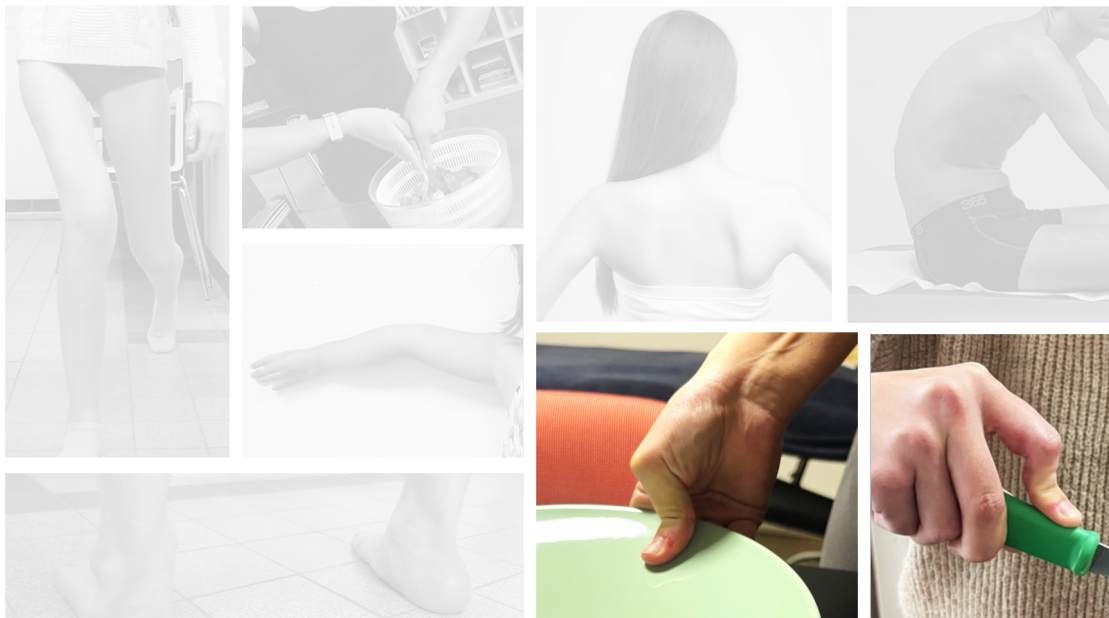
10

Movement & posture errors

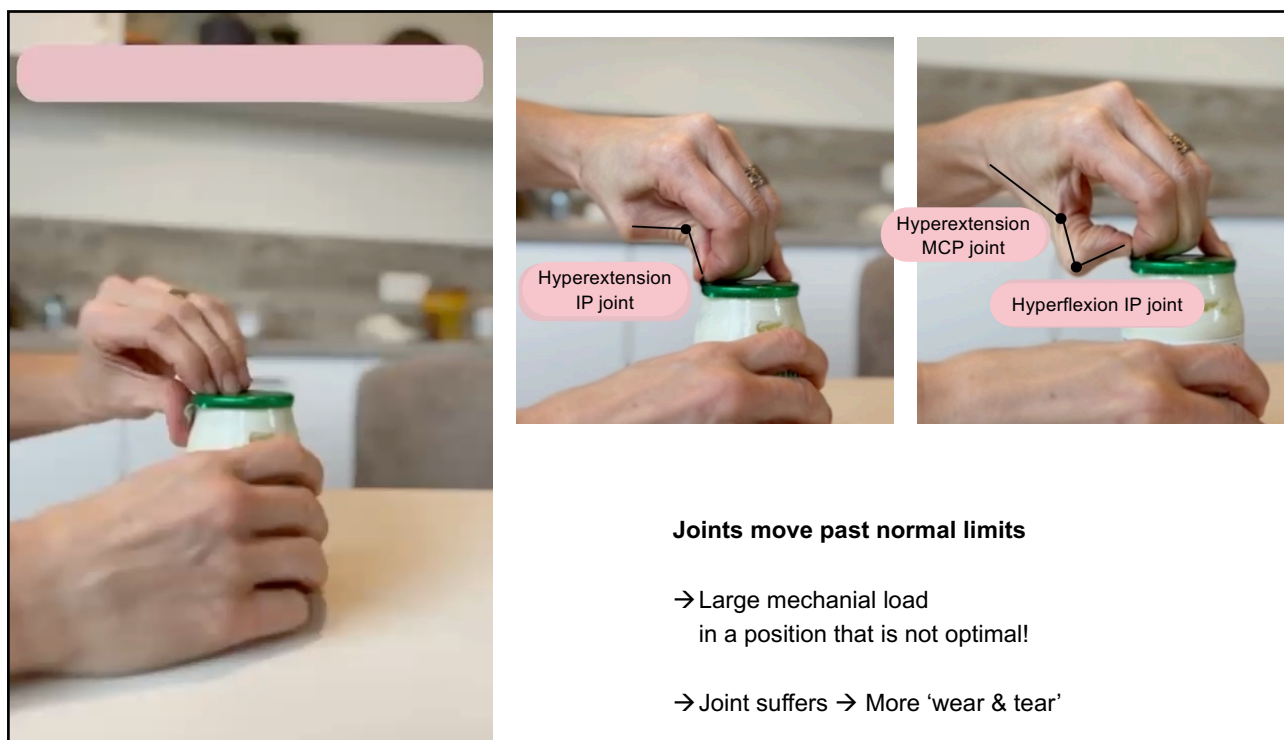


12

Fingers



13



14

Fingers

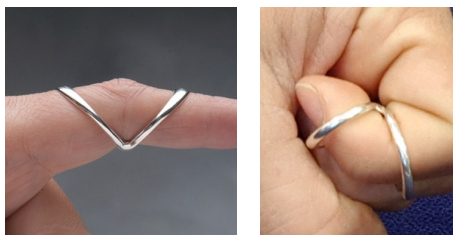
Other examples



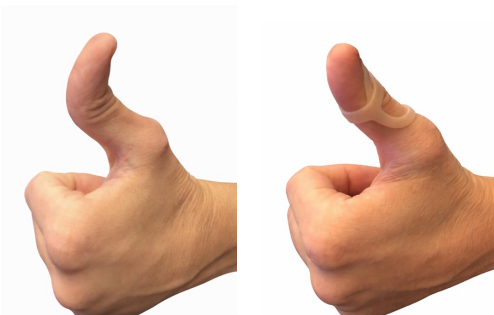
15

Fingers

Silver ring splints



- Still allow **normal** movement (flexion / extension)
→ No muscle atrophy → Can be worn daily

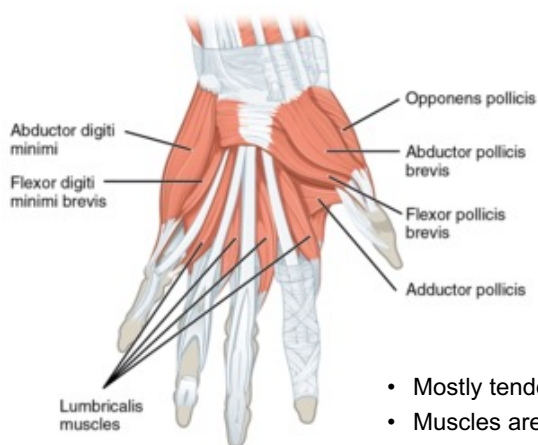


- Prevention of **excessive** movement
→ Joint can be loaded in a more neutral position
→ Transfers part of the load onto surrounding bone

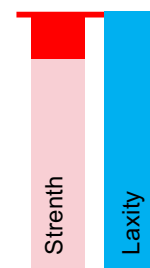
16

Fingers

Why advise splints? Exercise is possible too, but often does not help enough:



- Mostly tendons!
- Muscles are located higher (hand & arm)
- Often insufficient stabilisation

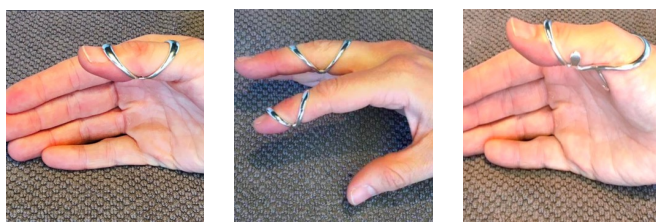


Symptoms

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Fingers

Clinical study – Effect of silver ring splints on strength and pain?



Strength measurements
(different grips)



Function in daily life tasks
(SODA test battery)

18

With silver splints on

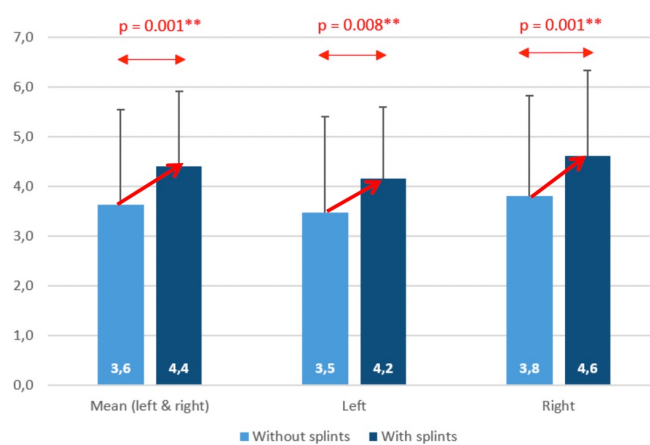
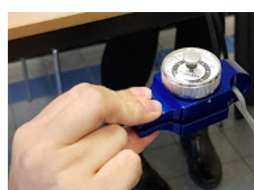


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With silver splints on

Increased strength

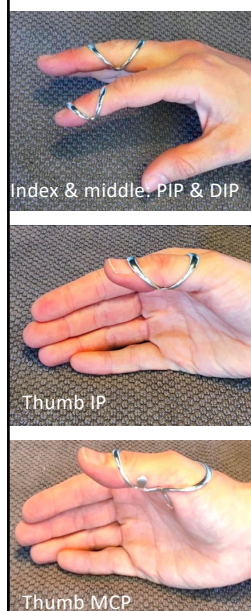
Tripod pinch grip



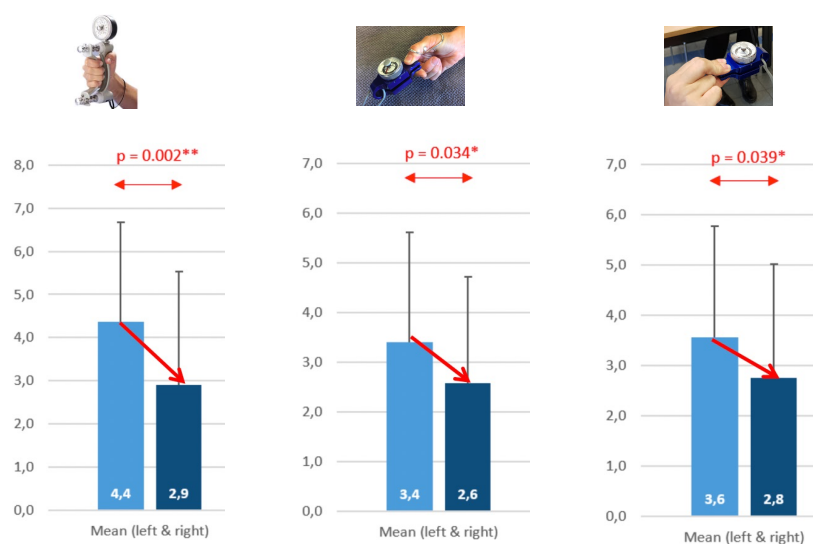
Schelte N, De Wandele I. Silver ring splints for the hypermobile hand. Submitted to Frontiers in Genetics

20

With silver splints on



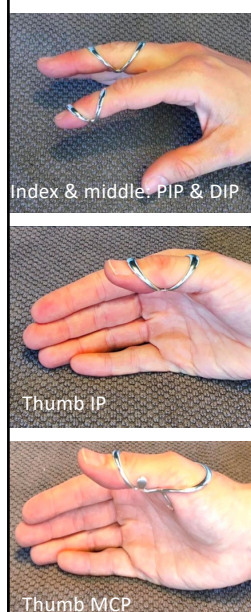
Reduced pain scores during strength tests



Schelp N, De Wandele I. Silver ring splints for the hypermobile hand. Submitted to Frontiers in Genetic

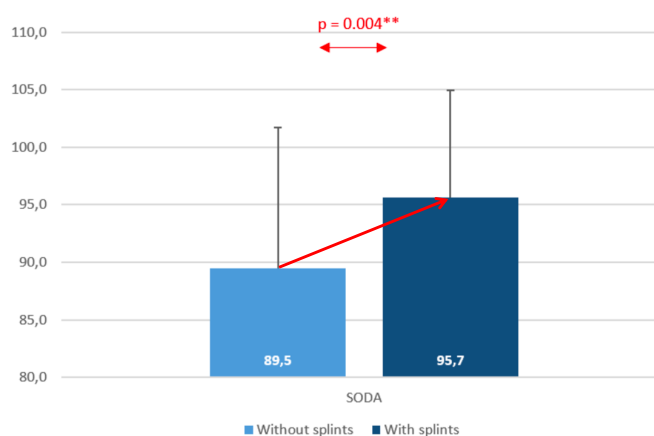
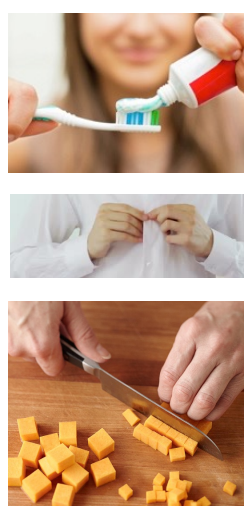
21

With silver splints on



Improved dexterity

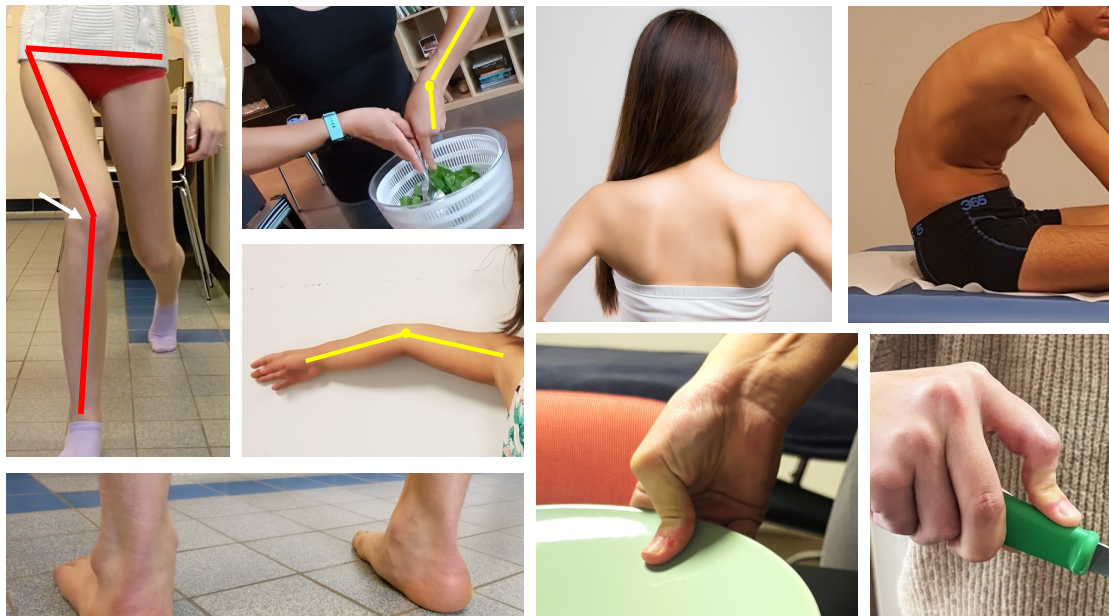
SODA



Schelp N, De Wandele I. Silver ring splints for the hypermobile hand. Submitted to Frontiers in Genetic

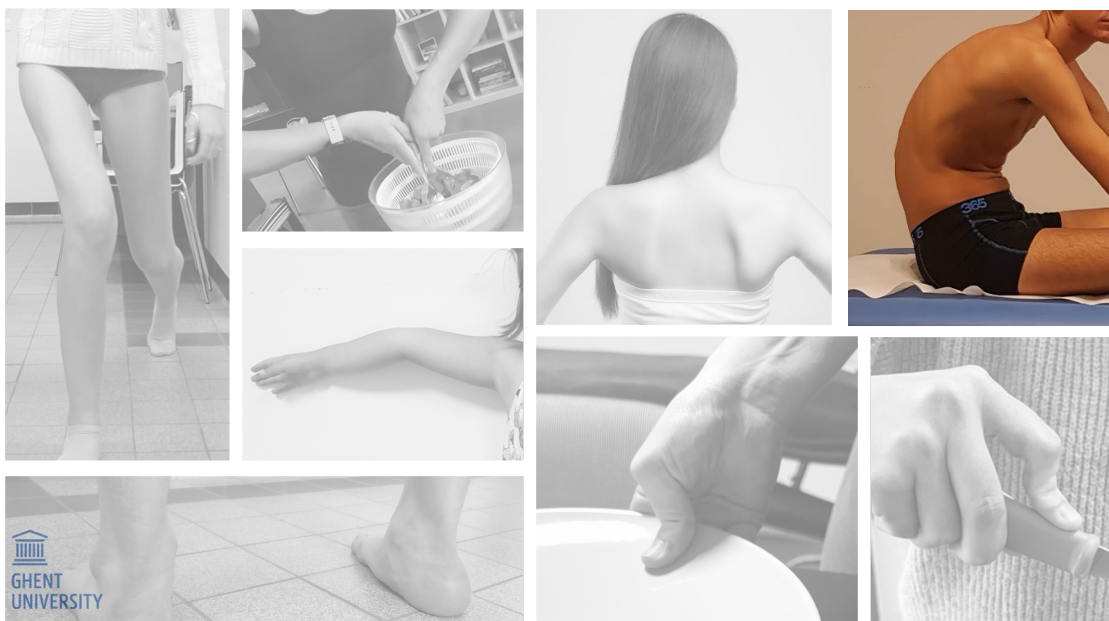
22

Movement & posture errors



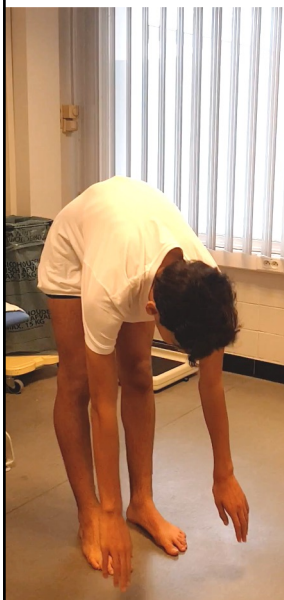
23

Movement & posture errors



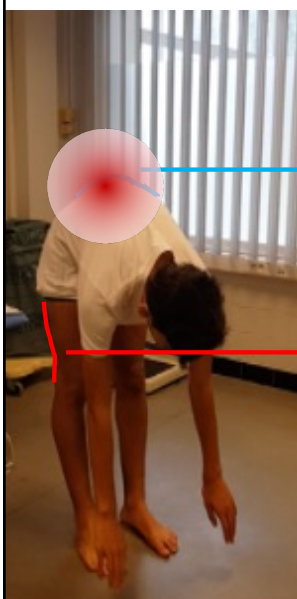
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Spine



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Flexie uit stand

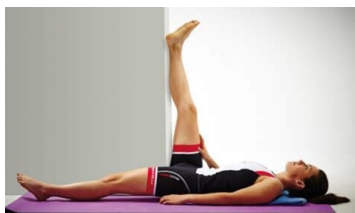


Large flexion in spine
(hypermobility)

Insufficient flexion in the hips
(hamstring shortening)

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Flexie uit stand



Stretch hamstrings



Strengthen extensors

Typical misunderstanding:
"Hypermobile patients shouldn't stretch"

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Flexie uit stand

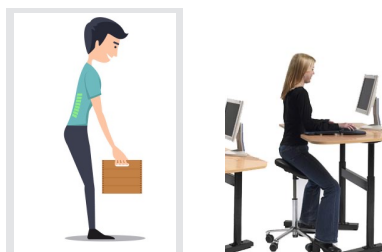


Stretch hamstrings

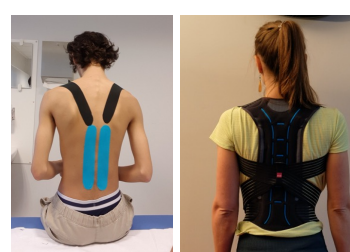


Strengthen extensors

Advice regarding lifting, sitting, ...



Tabé / brace as a reminder



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Physiotherapy for cutis laxa

What else can we help with?



**Hypermobility
& overload injuries**



Muscle tension



**Endurance
& sports**

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Myofascial techniques

To reduce muscle hypertonia & pain



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Myofascial techniques

To reduce muscle hypertonia & pain



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Myofascial techniques

- **Massage**
- **Pressure on trigger point**
- **Sometimes dry needling**

→ Restore length of muscle fiber
→ Trigger point & pain disappear



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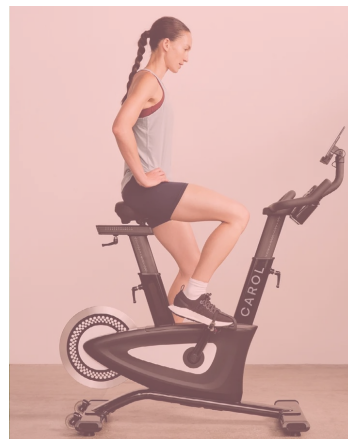
Physiotherapy for cutis laxa



 **Hypermobility
& overload injuries**



**Muscle tension
& pain**



**Endurance training
& sports**

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Endurance training & sports

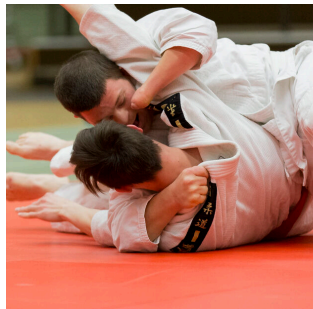
Hypermobility

- Risk of distortion, dislocation
- Prone to tendon overload injuries

Avoid contact sports



Avoid combat sports



Bike / elliptical walker (low impact)



Aquajogging / hydrotherapy (low impact)

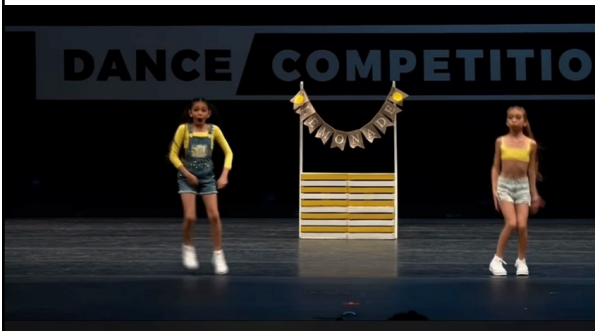


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Alternatives in sports

Dancing

Hiphop



- Frequent jumps
- More impact
- Fast movements

Modern

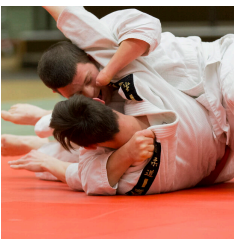


- Less impact
- Slower and more controlled

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Alternatives in sports

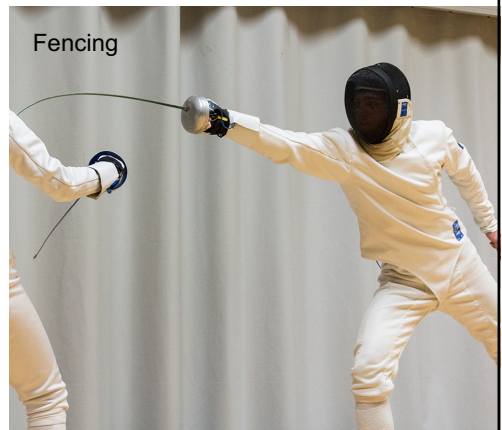
Combat sports



Kung fu & Karate



Fencing



- Safer for hypermobile joints: no strain, no impact
- Less cardiac load

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Endurance training & sports

Alternatives in racket sports



Tennis

- Heavy racket & ball
- Large court, sudden sprints – quiet a distance
- High cardiac load when hitting the ball
- Large forces & ROM for hypermobile shoulder



Ping pong

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Endurance training & sports

Cardiovascular involvement

- Dilatation of aorta / other arteries
- Vascular aneurysms, tortuosities
- Cardiac valve anomalies
- (Lung emphysema)

Monitor training intensity

- Heart rate (only valid without betablocking agent)
- 'Speak test'



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Endurance training & sports

Cardiovascular involvement

Avoid lifting heavy weights



Avoid 'Valsalva maneuver'



Avoid burst activities



Avoid sports in extreme conditions



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Thank you!

Inge De Wandele
Physiotherapist, researcher
Center for Medical Genetics
Ghent University Hospital

inge.dewandele@ugent.be
+32 9 332 03 45

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Thank you!

Inge De Wandele

Physiotherapist, researcher

Center for Medical Genetics

Ghent University Hospital

inge.dewandele@ugent.be

+32 9 332 03 45

