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Chapter 16 The physiotherapist and patient relationship; Chapter 17 Goal-setting and patient review; Chapter 18 Trust; Chapter 19 The challenging patient; Chapter 20 The doctor/patient relationship and treatment of chronic complex patients; Chapter 21 Learning styles and learning 'difficulties'; Chapter 22 Social media, forums and support groups; Chapter 23 Self-harm, anxiety and depression; Chapter 24 Cognitive analytic therapy (CAT); Chapter 25 Managing complex patients with psychological issues: Isobel's reflection; Chapter 26 Terminating client relationships  
Chapter 27 I'm not mad: I have EDS so why would I need to see a psychologist? PART IV: EXERCISE AND REHABILITATION; Chapter 28 Exercise and rehabilitation: EDS patient experiences of physiotherapy and Isobel's 'stages' of treatment; Chapter 29 Imaging exercises and 'less is more'; Chapter 30 Pilates, physiolates and core stability; Chapter 31 Movement patterns: Overuse and muscle stiffness; Chapter 32 Neurology and movement disorders; Chapter 33 Measuring treatment outcomes and assessing progress; Chapter 34 Returning to normal life  
Chapter 35 Speech, swallowing and hearing difficulties, TMJ and eye problems; Chapter 36 Cervical spine; Chapter 37 The trauma of birth and post-traumatic stress disorder; Chapter 38 The Bowen technique and working on fascia and connective tissue disorders; Chapter 39 The Feldenkrais Method®; Chapter 40 Cardiovascular and endurance work; Chapter 41 Isobel 'now' and thoracic spine; Chapter 42 Conclusion; Appendix 1: Diagnostic criteria; Appendix 2: Sample forms; Appendix 3: Useful contacts; References; Further reading; List of contributors; Subject Index; Author Index

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## Sommario/riassunto

The complex effects of Ehlers-Danlos Syndrome (Type 3, Hypermobility), or EDSIII, on a patient's physical and mental wellbeing are extremely challenging for everyone involved, requiring a multidisciplinary care team and enormous dedication from the patient. This book presents an overview of what it means to be a chronic complex patient, examining the wide range of physiological and psychological implications associated with EDSIII and other conditions such as endometriosis and fibromyalgia. It explores the exercise and rehabilitation work involved in managing the condition effectively, consi

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