



Holding It All Together When You're Hypermobile

These suggested products and apps are ever-changing. Stay tuned here for updates. Some of the suggestions may cost you time and/or money. Research and invest in things that may work for you. Everyone's experience will be different, so I pass these on to you as a potential resource. Maybe you'll experience a positive snowball effect, with good results and benefits rolling and cascading into an avalanche of healing.

- ***The Fascia Blaster:*** A patented muscle tool to help relax chronically tightened muscles. I find it very helpful to relieve spasms. There are different sizes with various types of claws to penetrate different muscle groups. Amazon says it is “the #1 selling self-massage myofascial tool for massaging your tissue.” It touts the benefits of temporarily increasing blood flow to the working areas of your body. Amazon also says, “Added bonus, the FasciaBlaster temporarily lessens the appearance of cellulite.” I just know it releases extremely tight muscle spasms.
- ***The Body Braid:*** This unique body wrapping tool helps me pull joints and muscles gently into proper position. I use it on my shoulders to pull them back into alignment with my spine and head. Check it out online at www.thebodybraid.com.
- ***Bongers:*** Acupressure tools that you bang on trigger points to release spastic muscles as needed. It can also bring circulation to the part of your extremities you focus on banging gently or as an acupressure point for additional potential pain relief.
- ***BodyBackBuddy tool:*** This S-shaped muscle relaxation “digging” tool is suitable for spasms you cannot reach, like on your back.
- ***Dynamic Cupping:*** My masseuse uses these soft silicon cupping sets of various sizes to aid in circulation to tight muscle spasms regularly bound up in my shoulders and back. I got a set for home for less than \$20 and my PT taught me how to use them. I find it very effective if you can handle the short-term pain and the bruising it causes.
- ***TheraBands:*** For affordable home rubber resistance bands for dynamic stretching and gentle strength building.
- ***Foam Rollers:*** For the occasions you need to roll out a painful subluxed joint back into place. Get your PT to help learn how.
- ***TheraICE Headache & Migraine Relief Hat:*** Can reduce inflammation and reduce tension or stress-related headaches.
- ***Dr Teal's Epsom Salts:*** A cup or two added to your warm bath for soaking is a cheap and easy way to soothe sore muscles, aid in recovery, and pain relief.
- ***Compression clothes:*** I find that compression shirts or tank tops that primarily cover my torso are the most helpful. I tried compression socks at my cardiologist's advice and on many public forums. It helped me with the blood that pooled in my feet and ankles, but they're not very comfortable to wear all day or every day. I have seen several posts recommending wearing thigh-high stockings as compression wear. They are available on several sites online and in stores.
- ***Magsoothium:*** A magnesium and arnica blend soothing pain cream. Available on their website and on Amazon in varieties of cooling, warming and with CBD.



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- **Salt Stick Fast chews:** Maintaining healthier than average levels of salts helps the fluidity of our blood flow. Orange is my favorite flavor.
- **Electrolyte drink mixes:** If you have POTS it is helpful to get enough fluid in to enhance your blood circulation. I like Nuun tablets and Ultimate Replenisher 1-2 times a day in my water. In addition, occasionally I need to increase my magnesium when feeling extra fatigued or sensitive to barometric weather changes. Then I also add products like LYTEshow, Liquid IV or Natural Vitality Calm magnesium powder in my water.
- **CBD products:** There are many sources and not agreed-upon standards so buyer beware. I use a home farm supplier where I can order online at www.804hemp.com.
- **Prism glasses:** These are important to avoid cervical spine overuse, particularly with craniocervical instability. They have a mirror to allow you to look down without bending your neck forward.
- **Pulse Oximeter:** Get this low-tech home device to learn the patterns of your heart rate and blood oxygenation. Learn what activities increase and decrease your heart rate or cause palpitations.
- **HRV Monitor:** Heart rate variability (HRV) can increase vagal tone and improve tachycardia with POTS. I like these two products to be used in order. First, get a 4-8 week subscription to a Lief Therapeutics heart monitor device and app for becoming more aware of your HRV. Once you are more aware, get an Oura ring to train to recover and enhance your HRV.

In addition to the products above are my favorite self-management apps to check out:

- **Calm** (<https://www.calm.com/>): In my opinion the best, easiest way to learn mindful breathing to calm the nervous system and foster healing.
- **3 Good Things** (<https://the3goodthings.org/about>): A simple gratitude tracker for daily journaling.
- **Medisafe** (<https://www.medisafeapp.com/>): A simple medication management tool with reminder for seamless management of tracking what you take and when.
- **Curable** (<https://www.curablehealth.com/>): Training on the brain-pain relationship to reduce pain suffering.
- **My ID** (<https://shop.getmyid.com/>): Great basic medical app to keep on your smartphone. It allows you to store all your relevant medical information, including your conditions, medications, insurance information can be shared with first aid responders.
- **Pip Stress Tracker** (<https://thepip.com/>): Personal stress management tracking device.
- **Fooducate** (<https://www.fooducate.com/>): An app community for healthy eating, tracking calories, and more.
- **Gratitude** (<https://gratefulness.me/>): A simple app that allows you to document something that you're grateful for every day. It's useful if you're not interested in writing out journal entries and prefer to diarize random thoughts.
- **MyFitnessPal** (<https://www.myfitnesspal.com/>): A simple app journal for weight tracking, food, exercise and daily water daily consumption.



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- **Endive** (<https://endive.app/>): An app that allows you to document and track each meal you eat and any gut health-related symptoms for IBS and more. It helps monitor triggers you pick up on, then is compiled into a weekly report for you to look back over to review and analyze patterns.
- **Cozi** (<https://www.cozi.com/>): A calendaring app to use with your family to help you manage your multiple schedules.
- **Flaredown** (<http://flaredown.com/>): A trigger tracking app where you check in daily to give a brief update on your conditions, symptoms, treatments, the health factors that have affected you and to give a final summary of that day so you can pick up on trends.
- **Youper** (<https://www.youper.ai/>): An option for mental health support with or without insurance that can monitor and improve your emotional health via talks based on therapy techniques or mindfulness.
- **Pathways** (<https://www.pathways.health/>): An app that you can use to help you manage your pain through guided meditation, visualization, sound, and more.
- **Manage My Pain (MMP)** (<https://managemypainapp.com/>): A great app if you suffer from any form of chronic pain and can be used to document and report on its severity.
- **Stop, Breath & Think** (<https://stopbreathethink.com/>): Recommends activities paired with your current emotions, no matter if you're anxious, hopeful, angry, or just can't fall asleep.
- **Rootd** (<https://www.rootd.io/>): A mental health app meant for people who suffer from debilitating panic attacks and anxiety with a featured self-help 'panic button' to ease panic attacks.
- **Day One** (<https://dayoneapp.com/>): A journaling app that gives you a clear and easy way to document anything you'd like to keep tabs on including voice notes, photos or even videos along with the text.
- **MyLinks** (<https://www.mylinks.com/>): A free application to help you gather, manage, and share all of your personal health records from one secure location, fully under your control.
- **Mindshift** (www.anxietycanda.com): Free cognitive behavioral therapy strategies to try.
- **Clear Free** (<https://www.clearfear.co.uk/>): Free anxiety coping skills.
- **SuperBetter** (<https://www.superbetter.com/>): Free resources to build resilience, achieve goals and tackle challenges.
- **WhatsUp:** (<https://www.thewhatsupapp.co.uk/>): Free strategies to manage anxiety, anger, depression, stress and low self-esteem.