

# Vascular Ehlers-Danlos syndrome

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## Exercise

Most of the usual aspects of daily living and recreational activities are not restricted in vEDS. The major concerns associated with high level sports activities are the risk of vascular rupture with the trauma of collisions and the change in blood pressure during these activities.



### WHAT IS RECOMMENDED

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- Mild to moderate aerobic physical activity, where there is the capacity to converse with partner, is thought to be beneficial.
- Use of equipment such as stationary bicycles, elliptical trainers or well cushioned treadmills could be encouraged.
- Light weights to retain tone and strength and good breath control while using weights.



### WHAT YOU SHOULD NOT DO

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- Collision sports and isometric activities are generally discouraged.
- Running on hard surfaces and for long distances may exacerbate foot, ankle, knee, and hip pain.
- Activities with rapid acceleration/deceleration should be discouraged as these may increase the risk of vessel dissection.