

“The Zebra Club app is an excellent resource for people with hypermobility. I often recommend it to my physical therapy patients, especially as they are transitioning to independent self-care. Jeannie provides clear instructions for appropriate exercises that teach people how to move correctly. The app is almost like having a private hypermobility trainer on your phone. I highly recommend it”

Dr. Leslie Russek, Professor of Physical Therapy, USA

The Zebra Club is a specialized movement therapy program developed to help people living with EDS and HSD conditions relieve pain and gain stability and strength.



While in the typical population, you may transition your patient to a gym program or a personal trainer, often this approach can be too aggressive and cause further injury for an individual with hypermobility-related issues. The Zebra Club offers a better transition from physical therapy to an independent program tailored to the individual with symptomatic hypermobility.

The Zebra Club app is based on the Integral Movement Method (IMM), a methodology developed by movement therapist Jeannie Di Bon. Jeannie has almost 2 decades of clinical experience, with over a decade working exclusively with the EDS & hypermobile community. The IMM is a safe and easy-to-follow modified Pilates-based exercise program incorporating movement, biomechanics, and neuroscience. This program is built on Jeannie’s research and clinical experience, encompassing 6 key areas Jeannie has found to be crucial for the hypermobile patient:

Breathing Patterns

Relaxation

Proprioception

Joint Stability

Balance

Posture

The app was developed to make this program accessible to people with hEDS/HSD with in-home video and audio programs that are affordable and available at any time. We aim to improve quality of life through mindful movement, education, and the support of a thriving community.

MOVEMENT A safe, graded approach to movement with over 130 videos and audio meditation, with new videos added every month on a variety of topics like headache and migraine relief, moving with scoliosis, pelvic floor health, isometric power, and more.

EDUCATION Resources include monthly meetups for members with Jeannie, often including presentations from specialists in hEDS/HSD, including physical therapists, occupational therapists, physicians, researchers, and more!

COMMUNITY A supportive and growing community with specialized subgroups led by our Ambassadors, including in-person zoom meets.

www.thezebra.club

We believe The Zebra Club can support people with hEDS/HSD undergoing physical therapy in several ways:

Improved body awareness and proprioception



- TZC classes begin by focusing on proprioceptive and motor control training, including alignment, posture, and learning to relax guarding muscles while activating stabilizers.
- Proprioception is further supported by:
 - Cues for improved body awareness and relaxation
 - The use of closed chain exercises and equipment (Balls, bands, etc) provides additional sensory input, increasing proprioception.

Pain management



- Decrease central and peripheral pain sensitization through breathing and mindfulness practices.
- Classes in the pain management section can aid in learning to relax muscles in spasm.
- By focusing on gentle classes, including breathing and relaxation, many users have found they can continue to move throughout flares. The variety of classes allows users to adjust to how they feel each day.
- TZC allows users to adjust their self-care based on how they feel and

A safe gentle graded approach



- We advocate for a “start low, go slow” approach for this population as tissues can be weaker and vulnerable to overuse damage, and they often need more recovery time between sessions than the typical population.
- Motor control is necessary before strengthening is effective.
- Users can start with very gentle classes to begin feeling safe with movement, eventually progressing to strengthening and cardio classes as their body allows.

“I have been working with Jeannie since the start of the Zebra Club and I recommend this to my patients as a safe, effective way of helping patients with hypermobility with pain, and reconditioning. Jeannie’s knowledge base around the subject is sound and she is a reliable source of advice both as a therapist and an expert patient.”

Dr. Bull, Consultant Rheumatologist, UK

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