



EDS ECHO Fundamentals of the Integral Movement Method (IMM)

Certificate Supplement and Course Summary

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Course Title:

Course Title: EDS ECHO Fundamentals of the Integral Movement Method (IMM)

Course Code: IMM8

Course Overview:

The **EDS ECHO Fundamentals of the Integral Movement Method (IMM)** is a course for healthcare professionals wishing to learn more about movement strategies that can be implemented in their own practice.

Facilitated and taught by [Jeannie Di Bon](#), the course encourages participants to learn from others and share clinical experience and methods in Movement Therapy, increasing their confidence and ability to work safely and effectively with EDS and HSD clients.

The course is suitable for any healthcare therapist working in physical therapies and seeing clients with EDS or HSD, including, for example, physiotherapists, osteopaths, Pilate's teachers, yoga instructors, and personal trainers.

This is a virtual course using the Zoom platform. It is run from London, UK, and is open for registration to healthcare professionals worldwide.

Educational Aims:

This course aims to support healthcare professionals in developing knowledge and understanding of movement strategies that can be implemented within their own clinical practice.

Knowledge gaps addressed: Feedback from health professional participants in EDS ECHO programs has identified a need for more practical learning in movement-based therapeutic approaches to support individuals with Ehlers-Danlos syndromes (EDS) and hypermobility spectrum disorders (HSD). To date, EDS ECHO programmes have introduced these strategies only at a high level.

There is growing recognition, both within clinical practice and among individuals with EDS and HSD who have received movement-based therapy, of its value as a component of physical rehabilitation. This has highlighted a need for increased practitioner knowledge and capacity in this area. This course aims to address this gap by increasing AHPs' knowledge of, and confidence in, the IMM, and by supporting the development of a professional network linking participants with experienced IMM therapists for ongoing learning and peer support.

Learning Objectives:

The learning objectives of the course are:

- To understand how a Movement Therapy method is effective.
- To learn movement strategies that can be implemented in the participants' own practice.
- To gain confidence in assisting people with EDS and HSD with exercise.

Course Structure & Syllabus:

The course is composed of 9 sessions timetabled across a 12 or 15-week period. Each session is 2 hours in length and uses the Zoom platform. The schedule includes planned breaks to support reflective learning between sessions.

The course covers the following topics:

- The physical, emotional, and psychological aspects of this condition
- Understand why we do need a unique strategy for this population of patients and clients
- Applying the Integral Movement Method in practice
- The pain mechanisms of hypermobility and how to manage these
- Essential breath and relaxation techniques
- A safe way to build proprioception
- A new approach to stability
- Introducing balance safely
- Integrated posture of body and mind
- Case study analysis to build an integrated movement programme for our patients and clients

Course Schedule:

Session	Session Topic	Date and Time Mondays at: 5pm - 7pm London (UK Time) 12pm - 2pm Eastern Time (US & Canada)
1	Introduction to the IMM - Why we need a stagey Presenter: Jeannie Di Bon	January 26, 2026
2	Pain Mechanisms in Hypermobility and How to Manage These Presenter: Jeannie Di Bon Guest Presenter: Prof Leslie Russek	February 9, 2026
3	Step 1 - Breathing Patterns and Understanding Dysfunction Presenter: Jeannie Di Bon	February 23, 2026
4	Step 2 – The importance of relaxation techniques Presenter: Jeannie Di Bon	March 2, 2026
5	Step 3 – Building proprioception Presenter: Jeannie Di Bon	March 9, 2026
6	Step 4 – A new approach to stability Presenter: Jeannie Di Bon	March 23, 2026
7	Step 5 – Introducing balance Presenter: Jeannie Di Bon	March 30, 2026
8	Step 6 – Integrated Posture Presenter: Jeannie Di Bon	April 13, 2026
9	Integration – bringing it together to build a safe, effective movement strategy Presenter: Jeannie Di Bon	April 20, 2026
	IMM '8-Week Client Program' Submission Deadline	June 8, 2026

Educational Methodology:

The format of most sessions include didactic presentations and learning, break-out room learning exercises related to specific topics and discussions surrounding case studies.

Participants are required to participate in short exercise classes to help with the practical learning of the IMM principles. These will be mat based exercises. Participants may also be asked to teach another participant to demonstrate their understanding of the principles during break out room sessions. All practical components are adaptable, and participants are encouraged to work within their own physical capacity.

Faculty / Contributors:

Course Facilitator: Jeannie Di Bon

Jeannie Di Bon is a Movement Therapist specializing in working with people with hypermobility, Ehlers-Danlos Syndrome (EDS) and chronic pain. Originally trained in Pilates, over the past decade her research and study have gone on to encompass biomechanics, anatomy, neuroscience and pain management.

Jeannie has hypermobile Ehlers-Danlos Syndrome and rehabbed her body and mind from chronic pain.

She writes regularly on her own blog and for The Mighty, The Huffington Post and Thrive Global on the subject of chronic illness. She presents for The EDS Society and other charities. Jeannie is also an educator of teachers and therapists in the field of hypermobility. Her digital courses – among them, Movement Strategies for the Hypermobile Client – have proven very popular. In July 2019, Jeannie launched The Zebra Club – a comprehensive collection of movement classes for people with hypermobility, EDS and chronic pain. In November 2021, The Zebra Club became a mobile app.

Jeannie's first book – Pilates Without Tears, published in 2016 – continues to be sold internationally, receiving outstanding feedback. Her second book, Hypermobility Without Tears, was released in May 2019 and has been endorsed by patients and medical professionals.

Her online course – Strengthen Your Hypermobile Core – has been the subject of a research study between Clarkson University in the United States and UCL in London. It has been the largest study to date into the impact of modified Pilates on the hypermobile patient.

Guest Presenters: Prof Leslie Russek

Leslie Russek, PT, DPT, PhD, OCS, is Professor Emeritus, teaching musculoskeletal physical therapy in the Clarkson University Doctor of Physical Therapy program. She is an Orthopedic Certified Specialist with a sub-specialization in hypermobile Ehlers-Danlos syndrome, headaches, fibromyalgia, and other causes of chronic pain. She has published in the areas of hEDS, fibromyalgia and chronic pain, and was one of the first physical therapists to publish on hypermobility syndrome in the United States. Her current research is looking at prevalence of hEDS among physical therapy patient populations in the U.S. She continues to treat patients in her specialty areas through the Canton-Potsdam Hospital Physical Rehabilitation clinic.

Assessment or Participation Requirements:

To gain maximum benefit from the course, participants are encouraged to attend as many live sessions as possible. Recordings of live sessions will be made available to enrolled participants via the Ehlers-Danlos Society's password-protected resources page, enabling participants to review or catch up on any sessions they are unable to attend live.

In addition to session attendance, participants are required to submit a case plan outlining an eight-week exercise programme for one of their clients (the **IMM 8-Week Client Programme**). This submission will be assessed by the course lead, Jeannie Di Bon. Participants who successfully complete the assessment will be eligible for inclusion in the Directory of Movement Practitioners.

To be eligible for a **Certificate of Completion**, participants must:

- Attend a minimum of 7 of the 9 live sessions, as the full series covers all core principles of the Integral Movement Method (IMM); and
- Successfully complete the assessed IMM 8-Week Client Programme.

Course Certificates:

- A **Certificate of Completion** will be issued to participants who meet the attendance requirement and successfully complete the assessed case plan.
- A **Certificate of Attendance** will be issued to participants who complete the post-programme evaluation. A link to the evaluation will be provided following the conclusion of the course.

Provider Information:

The Ehlers-Danlos Society is a global organization dedicated to advancing and accelerating research and education in [Ehlers-Danlos syndromes \(EDS\)](#) and [hypermobility spectrum disorders \(HSD\)](#). We support the development of effective and equitable EDS and HSD therapies and work collaboratively to improve the lives of individuals affected by EDS and HSD.

By bridging geographic and systemic barriers, The Ehlers-Danlos Society is committed to driving meaningful change in EDS and HSD management and care delivery through educational programming.

EDS ECHO is a global program for practicing health care professionals across all disciplines who want to improve their ability to care for people with EDS, HSD and associated symptoms and conditions.

Project ECHO® addresses population health in a scalable way — moving knowledge instead of patients via telementoring and collaborative care. The heart of the ECHO model™ is its hub-and-spoke knowledge-sharing networks, led by expert specialist teams. The ECHO model is not “telemedicine” where specialists assume the care of the patient; it is a guided model aimed at practice improvement, in which providers retain responsibility for patients, and gain increasing independence as skills, confidence, and self-efficacy grow.

CPD Self-Reporting Disclaimer:

This activity is not formally accredited for CME/CPD points. Participants may be able to self-report this activity to their professional body in accordance with local CPD requirements.

Contact:

If you have any questions or would like further clarification, please contact us at echoamerica@ehlers-danlos.com