

Leith Pilates seek support for their new publication

Andy Pearson, Pilates instructor and comic book creator, has produced the Hypermobility Survival Guide, a unique blend of Pilates expertise and illustration to support those with Joint Hypermobility Syndrome (JHS).

Andy said: "It's about empowering people with knowledge to manage their condition. We aim to provide people the language they need to communicate their pain."

The Hypermobility Survival Guide is an 80-page, A6, full-colour beginner's guide available both in print and online for free. Written in plain English with engaging illustrations, it simplifies complex medical information to help individuals understand and manage JHS, an often underdiagnosed condition.

The guide has a QR code for additional free and paid content, exercise programs, and workshops centered on Andy's Alignment, Balance, and Strength (ABS) method.

Andy's inspiration for the guide began while volunteering at an MS center in Brighton. After noticing how many Pilates clients had joint hypermobility, he developed a movement system that helps clients understand and learn how to strengthen their bodies.

He said: "For many, learning the cause of their pain was a

revelation.

□□"Have you ever felt wobbly in the shower or unsteady while on a ladder? Now, imagine if all your joints felt like that all the time. That's what it's like to live with JHS, a condition often linked to the more widely known Ehlers-Danlos Syndrome. The Hypermobility Survival Guide is designed to help those with this condition keep their joints safe and strong. It's also a valuable tool for therapists and GPs to help patients understand the broader body issues associated with joint hypermobility."

Now a Crowdfunder has been set up to help fund publication and bring the guide to those who need it.

[Leith Pilates website](#)

[Crowdfunder page](#)



Andy Pearson with illustrator Emily M Randall

