

# Singing with Hypermobility Issues

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1. Teach the student in front of you with informed curiosity.
2. Remember hidden struggles are still real.
3. Flexibility can mask instability- “Zoom out” to check whole body.

## Resources



The **Ehlers-Danlos** Society.

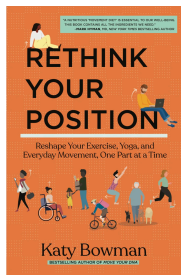
[website](#)

Treasure-trove of information about connective tissue disorders, including research papers from many countries and conference video presentations from renowned experts.



### Highlighted Physical Therapist

Laura Hudak, [Prevail Physio](#).  
Specializes in working with those with h-EDS.  
Based in Morrisville, NC, with online sessions available.



### [Rethink Your Position](#)

Katy Bowman has put together an accessible and non-intimidating instruction manual on how to best use your body. This is a valuable resource for *anyone* with a body, including those with a hypermobility disorder. Providing “simple, engaging instructions to help you rethink your position and reshape what you’re already doing.” We can each learn to move our body better, one part at a time.

- [Visible Body](#), anatomy app
- Lisa Howell, physiotherapist. Short video on [6-Direction Breathing](#)
- [Clean Language: Revealing Metaphors and Opening Minds](#). Book by Wendy Sullivan and Judy Rees.

[AmberNicoleDilger.com/workshops](https://AmberNicoleDilger.com/workshops)