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<!DOCTYPE html>
<html lang="en">
<head>
  <meta charset="UTF-8">
  <meta name="viewport" content="width=device-width, initial-scale=1.0">
  <title>EDS Information for Athletes</title>
  <style>
    body {
      font-family: Arial, sans-serif;
      margin: 0;
      padding: 0;
    }
    header {
      background-color: #4CAF50;
      color: white;
      padding: 20px;
      text-align: center;
    }
    nav {
      display: flex;
      justify-content: center;
      background-color: #333;
    }
    nav a {
      color: white;
      padding: 14px 20px;
      text-decoration: none;
      text-align: center;
    }
    nav a:hover {
      background-color: #ddd;
      color: black;
    }
    .content {
      padding: 20px;
    }
    section {
      margin-bottom: 40px;
    }
    .accordion {
      cursor: pointer;
      background-color: #f1f1f1;
      border: none;
      text-align: left;
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        outline: none;
        padding: 15px;
        width: 100%;
        transition: 0.4s;
    }
    .panel {
        display: none;
        padding: 0 15px;
        background-color: white;
        overflow: hidden;
    }
</style>
</head>
<body>
    <header>
        <h1>EDS Information for Athletes</h1>
        <p>Understanding Ehlers-Danlos Syndrome and How to Stay Active Safely</p>
    </header>

    <nav>
        <a href="#what-it-is">What is EDS?</a>
        <a href="#types">Types of EDS</a>
        <a href="#training">Training Tips</a>
        <a href="#management">Management</a>
        <a href="#inspiration">Inspiration</a>
    </nav>

    <div class="content">
        <section id="what-it-is">
            <h2>What is EDS?</h2>
            <p>EDS (Ehlers-Danlos Syndrome) is a genetic condition that weakens the body's
connective tissue, which supports and holds the body together. It affects various parts of the
body, including:</p>
            <ul>
                <li>Skin</li>
                <li>Joints</li>
                <li>Muscles</li>
                <li>Blood vessels</li>
                <li>Cartilage</li>
                <li>Fat</li>
            </ul>
            <p>The condition impacts the production of collagen, a protein essential for connective
tissue strength.</p>
        </section>

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<section id="types">

<h2>Types of EDS</h2>

<button class="accordion">Cardiacvalvular EDS (cvEDS)</button>

<div class="panel">

<p><strong>Symptoms:</strong> Severe heart valve problems, joint hypermobility, skin hyperextensibility, and scarring.</p>

<p><strong>Management:</strong> Regular heart monitoring, potential valve replacement surgery, and lifestyle adjustments.</p>

</div>

<button class="accordion">Classical EDS (cEDS)</button>

<div class="panel">

<p><strong>Symptoms:</strong> Stretchy skin, joint hypermobility, and easy bruising.</p>

<p><strong>Management:</strong> Skin protection, wound management, and avoiding high-impact activities.</p>

</div>

<button class="accordion">Hypermobile EDS (hEDS)</button>

<div class="panel">

<p><strong>Symptoms:</strong> Joint instability, chronic pain, mild skin hyperextensibility, and fatigue.</p>

<p><strong>Management:</strong> Low-impact exercise, bracing, and a focus on core strength.</p>

</div>

</section>

<section id="training">

<h2>Training Tips for Athletes</h2>

<ul>

<li><strong>Low-Impact Exercises:</strong> Swimming, cycling, and modified yoga to reduce strain on joints.</li>

<li><strong>Core Strength:</strong> Exercises like planks and bridges to stabilize joints.</li>

<li><strong>Injury Prevention:</strong> Use braces, progress gradually, and ensure proper warm-ups.</li>

</ul>

</section>

<section id="management">

<h2>Management and Recovery</h2>

<p>Proper management involves a team of healthcare professionals:</p>

<ul>

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        <li>Physical Therapists for stability exercises.</li>
        <li>Orthopedic specialists for joint care.</li>
        <li>Sports trainers to adapt workout regimens.</li>
    </ul>
    <p>Rest and recovery are critical. Avoid pushing through pain and allow time for tissue
repair.</p>
</section>

<section id="inspiration">
    <h2>Inspiration for EDS Athletes</h2>
    <p>Many athletes with EDS have achieved their goals by adapting their routines and
focusing on their strengths. Joining support groups and celebrating small victories can keep you
motivated!</p>
</section>
</div>

<script>
    const accordions = document.querySelectorAll(".accordion");
    accordions.forEach((accordion) => {
        accordion.addEventListener("click", function () {
            this.classList.toggle("active");
            const panel = this.nextElementSibling;
            if (panel.style.display === "block") {
                panel.style.display = "none";
            } else {
                panel.style.display = "block";
            }
        });
    });
</script>
</body>
</html>

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