



Hypermobility

What is hypermobility?

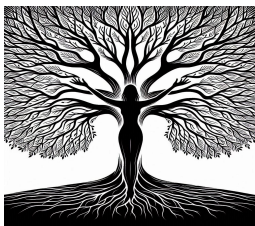
- Increased range of motion in a joint
- Hypermobility *can be* an asset. Greater agility provided joint laxity may favor performing artists (e.g. musicians, dancers). *However*, there is a higher risk for soft-tissue injury due to lack of stability
- Joint hypermobility relates to the faulty collagen proteins that affect the body; connective tissue is more vulnerable to the effects of trauma and overuse

Common Symptoms

- Most common symptoms are pain, joint instability (deformity, subluxation, dislocation), anxiety, and fatigue
- Other symptoms may include gastrointestinal disturbance, possibly due to anxiety
- Some patients may report feeling faint, headaches, chest palpitations, chest tightness, or shortness of breath in the absence of asthma or cardiac disease

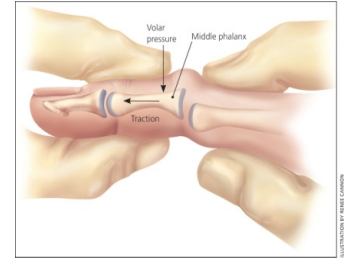
Strengthening

- Strengthen in mid-range, and avoid end ranges
- Don't be scared to move ☺
- Avoid over stretching
- Proximal stability allows for distal mobility -- a tree cannot have strong branches without a healthy trunk



Joint Laxity

- Joint laxity predisposes one to ligamentous injury and may lead to joint instability, subluxation, and dislocations
- You may experience joint clicking or do it as a means of obtaining relief from discomfort.



Opt for joint traction instead.

Stability

- Use your hands regularly, keeping neutral wrist in mind
- Do not rest at the end range of a joint
- Using your hand in everyday life is good medicine



Neutral Posture



Advocacy

- Nobody understands your condition throughout its various nuances more than **you**
- Modification of lifestyle in the right direction can both prevent and relieve pain. **Adaptation is not weakness, it is leverage.**
- Tell us about your progress, frustrations, and goals; pay attention to the internal dialogue that comes up during this process
- Take responsibility for control of your condition and become familiar with your body
- For more information, refer to www.hypermobility.org

****This is a customized handout issued under medical supervision.**