

Hyper mobility refers to the unusually large range of movement at one or more joints.

Joint hypermobility syndrome can sometimes be painful but it often improves with age

Symptoms of hypermobility include:

Poor balance and coordination

Stretchy and thin skin

Bladder and bowel problems

Repetitive dislocations, strains and sprains

Feeling tired and having low energy even after resting

Stiffness and pain in muscles and joints

Hypermobility can be diagnosed by using a flexibility test and the Beighton score.

This score has a nine point scale, it involves 5 manoeuvres: four passive movements on both sides of the body and one one-sided active movement. A higher score means hypermobility.

Hypermobility can be measured using a goniometer, as shown in the left picture below.

Hypermobility syndrome happens as a result of different collagens forming in the ligaments, which support and help hold our joints together!

HYPER MOBILITY

Treatment for this condition might include:

Muscle strengthening programme and taping to protect the joints and improve stability.

Physiotherapy and exercises to improve posture and balance, to reduce the likelihood of dislocations and pain.

Low impact exercise like swimming, wearing supportive shoes and maintaining a healthy weight will also help - be mindful of not doing too much in one go - pace yourself

Pain can be managed through heat treatment, painkillers such as paracetamol and ibuprofen, or stronger prescribed pain medication if necessary.



Useful resources:

<https://www.nhs.uk/conditions/joint-hypermobility-syndrome/>
https://alderhey.nhs.uk/application/files/9116/2307/8403/Hypermobility_Leaflet_Piag_085.pdf
<https://www.nhs.uk/conditions/ehlers-danlos-syndromes/>
<https://www.hypermobility.org/>