

# the **HYPE** about **HYPERMobility**

## **joint hypermobility can HURT**

**Joint hypermobility is the presence of too much movement at any given joint of the body**

When occurring as part of a life-long condition, joint hypermobility can be associated with:

- **Chronic pain**
- **Chronic/on-going fatigue**
- **Joint dislocations & subluxations**
- **Headaches & Migraines**
- **Gastrointestinal dysfunction**
- **Cardiovascular issues**
- **Easy bruising**
- **Dizziness & rapid heart rate with standing**
- **Poor body awareness (proprioception)**
- **Anxiety**
- **Sleep disturbances**

No two people with a hypermobility condition present the same!

In the majority of cases, you wouldn't know someone has a hypermobility condition simply by looking at them. It is largely an **INVISIBLE** condition.

You may see *splints, casts, mobility aids like crutches, walking sticks and wheelchairs*. These are often required when joint hypermobility is causing pain, or joints are unstable and at risk of dislocation. Or you may see **NO OUTWARD SIGNS** because most of the symptoms are invisible.

There is **NO CURE** for joint hypermobility, or many of the co-existing symptoms that make up the disorders and syndromes that it is a part of.

People can have hypermobile joints and no other symptoms. This is called *asymptomatic joint hypermobility*. This is quite different to the painful, often debilitating conditions that many people with hypermobility live with. For some people, joint hypermobility can be advantageous e.g. gymnasts & ballet dancers, but this is not the case for everyone.

For those who live with joint hypermobility as part of a disorder or syndrome, **HYPERMOBILITY CAN HURT.**

Symptomatic joint hypermobility is most often found in conditions such as The Hypermobility Spectrum Disorders, The Ehlers-Danlos Syndromes, Loays-Dietz Syndrome, Marfan Syndrome, Osteogenesis Imperfecta and Stickler Syndrome

**Joint hypermobility is not always beneficial or advantageous.  
Joint hypermobility can HURT.**

**For more info visit: [www.hypermobilityconnect.com](http://www.hypermobilityconnect.com)**