



HYPERMOBILITY

What is it?

Hypermobility refers to joints that move beyond the typical range of motion, which is a characteristic feature of conditions such as Ehlers-Danlos Syndrome (EDS) and Hypermobility Spectrum Disorders (HSD).

While increased flexibility may be perceived as beneficial in some settings, it can contribute to joint instability, pain, and an elevated risk of musculoskeletal injuries and certain co-morbidities.

Hypermobility signs and symptoms:

Hypermobility can present in varying degrees.

Those with hypermobility may experience frequent joint subluxations or dislocations & chronic pain

They can also experience a wide range of co-morbidities which may present as:

- Fatigue
- Dizziness/fainting
- IBS-like symptoms
- Urinary issues
- Neurodivergence.



What can Osteopaths help address?

Joint Stability

In individuals with hypermobility, joints experience greater strain due to reduced connective tissue support. Osteopathic techniques target joint mechanics which may promote better function and improve stability and control.

Muscular Tension and Pain

Hypermobile individuals rely more on their muscles for structural support, often leading to increased tension and discomfort. Osteopathic treatment may help relieve muscle strain and reduce pain associated with this.

Proprioception

Stimulating the neuromuscular system can contribute to enhanced body awareness and improved movement control.

Movement and Posture

Osteopaths can offer recommendations on movement strategies and postural modifications which may help reduce excessive strain on hypermobile joints.

