

the **HYPE** about HYPERmobility

it's not ALWAYS *just* about your joints

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

When found as part of a syndrome or disorder, joint hypermobility is commonly associated with one or more of the following:

- Pain
- Joint Instability
- Dislocations or Subluxations
- Easy Bruising
- Mitral Valve Prolapse
- Soft, velvety Skin
- Dental Crowding and High/Narrow Palate
- Poor Body Awareness (Proprioception) & Coordination Difficulties
- Fatigue
- Sleep Disturbance
- Functional Gastrointestinal Disorders
- Postural Orthostatic Tachycardia Syndrome (POTS)
- Pelvic Organ Prolapse
- Recurrent or Multiple Abdominal Hernias
- Anxiety

One individual is unlikely to have all of the above symptoms, however, a person with multiple signs should be assessed by a knowledgeable doctor.

Symptomatic joint hypermobility is most often associated with conditions such as:

- The Hypermobility Spectrum Disorders
 - The Ehlers-Danlos Syndromes
 - Loeys-Dietz Syndrome
 - Marfan Syndrome
 - Osteogenesis Imperfecta
 - Stickler Syndrome

Not all joint hypermobility indicates an underlying problem.

Please check joint hypermobility and any additional symptoms with a registered medical or health professional.

For more info visit: www.hypermobilityconnect.com/thehype

**Joint hypermobility is not always beneficial or advantageous.
Joint hypermobility and its related symptoms can
cause significant disability.**