

The Bendy Bulletin

Bulletin 1

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Hypermobility

What is hypermobility?

 Hypermobility simply refers to something (not just joints) having a greater-than-average range of motion.

What is joint hypermobility (JH)?

 JH means that some or all of a person's joints have a greater-thanaverage range of motion.

Is JH bad?

 Not always. JH can be an asset for certain careers (eg: ballet, circus performers, gymnasts, skaters, and musicians). Whether JH is an asset or a liability (or both) depends on WHY the person is hypermobile in the first place.

Does JH always cause symptoms?

• No! Many people have JH and have no problems at all.

Will an asymptomatic person with joint hypermobility develop a disorder in the future?

 We do not know! Some people with joint hypermobility will never develop symptoms but others will. We don't yet have a perfect system for this prediction although there are variables to consider that are helpful.

When can hypermobility be diagnosed?

 Hypermobility and JH are not diagnoses per se but can be considered "signs". A diagnosis of a hypermobility syndrome can be made if a person presents with JH and symptoms that are likely attributable to that JH and other potential causes have been ruled out. Read more about the difference between signs and symptoms.

This informational bulletin was created by <u>Bendy Bodies LLC</u> for medical professionals, patients, and their families. Content on this page is not to be substituted for medical advice. Please direct feedback to info@bendybodies.org. Learn more about bulletin author <u>Linda Bluestein</u>, <u>MD</u>.