
Types of Joint Hypermobility

Are there different types of joint hypermobility (JH)?

- Yes, there are different types. Localized Joint Hypermobility (LJH) refers to one or two joints having a greater-than-average range of motion. Peripheral Joint Hypermobility (PJH) refers to joint hypermobility in the hands and feet. Generalized Joint Hypermobility (GJH) is usually used to refer to hypermobility in greater than 5 joints.

Isn't there a fourth type?

- Historical joint hypermobility is a term used to describe individuals who had hypermobile joints in the past but no longer do.

What is symptomatic joint hypermobility (SJH)?

- SJH refers to increased joint mobility with chronic pain and/or other symptoms likely attributable to joint hypermobility.

What is asymptomatic joint hypermobility (AJH)?

- AJH refers to the presence of joint hypermobility in an individual without any associated symptoms or medical problems.

Are there different types of hypermobility spectrum disorder (HSD)?

- Yes. There is limited HSD (L-HSD), peripheral HSD (P-HSD), generalized HSD (G-HSD), and historical HSD (H-HSD).¹

Source¹:<https://www.ehlers-danlos.com/what-is-hsd/>