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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-than-average 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](#).