What is the Hypermobility?

Someone can be described as having hypermobility when they are more flexible than the average person. It can occur in one joint or in a number of joints and can range in severity.

Hypermobility may be caused by a number of reasons.

1. The shape of the bones e.g. a shallow hip socket which will allow more movement

2. Low muscle tone. This means that the muscles are more relaxed around the joint and can therefore stretch further.

3. If the ligaments that surround and provide stability for joints are more lax than usual.

Many people will have hypermobility without any problems. However in some people it can lead to painful joints. This can have an effect on hobbies and school. However there are things that you can do to help.

Hypermobile joints will be flexible throughout a person’s life therefore it is important that strategies are in place to manage this if it is causing pain.
What can I do to help?

- **Continue with PE and stay fit.** This strengthens muscle which should allow better control of flexible joints.

- **Get involved in general exercise.** Improves stamina, strength, and endurance.

- **Start swimming.** Swimming is really beneficial as the water supports the weight of your body.

- **Try Tai Chi, Pilates or cycling.** These are examples of great low impact activities that do not put much pressure on joints.

- **Encourage a lifelong commitment to exercise.** This helps protect joints by keeping muscles strong and controlling movement well.

- **Pencil grips can help with comfort if you are struggling with writing.**

- **Use lockers in school to avoid carrying heavy books!**

- **Wear supportive shoes or trainers.** These will keep your feet supported.

What should I avoid?

- **Sports which cause pain.** These can often be high impact sports with lots of twisting and turning.

- **Slouching and W sitting** i.e. sitting on the floor with your bottom between your feet.
Avoid carrying heavy bags on one shoulder, and avoid carrying unnecessary books.

Avoid slouching at your desk. Make sure your feet can touch the floor, so that you are well supported.

References:

http://www.hypermobility.org/tipsearch.php

http://www.patient.co.uk/support/Hypermobility-Syndrome-Association.htm

http://www.nhs.uk/Conditions/Joint-hypermobility/Pages/Symptoms.aspx

http://www.arthritisresearchuk.org/arthritis-information/conditions/joint-hypermobility.aspx

http://www.nhs.uk/conditions/Joint-hypermobility/Pages/Introduction.aspx

http://www.hypermobility.org/


http://www.hypermobility.org/fitness.php