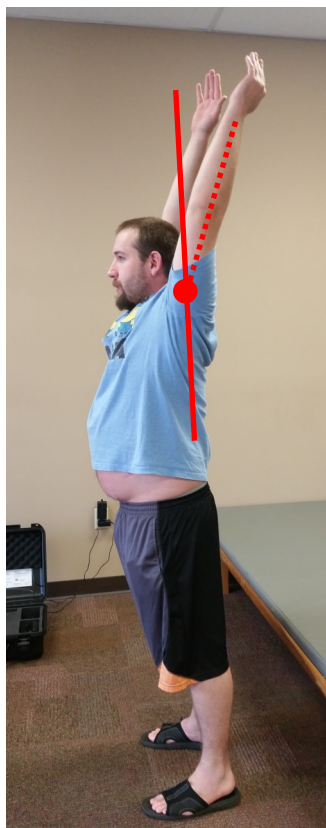


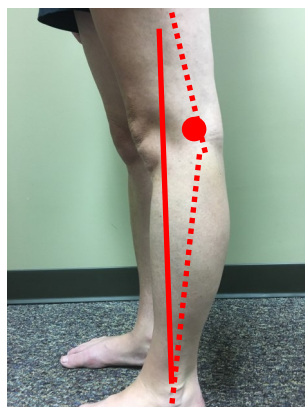
Who is Affected?

Anyone with a genetic predisposition, meaning it runs in families, and multiple individuals in the same family may be impacted. Males and females can be hypermobile, although it is found more often in females. Since it is present from birth and not a condition acquired later in life, children can certainly be affected. Sadly, many children go undiagnosed or misdiagnosed, which leads to a lack of appropriate intervention. Sometimes hypermobile children are diagnosed with rheumatoid diseases or “growing pains” when connective tissue laxity is actually the problem.



Is there a solution?

Hypermobility is a genetic and systemic condition that affects the entire body to varying degrees in different individuals. There is currently no known cure for it, and no supplement, cream, or drug that will affect it. Management is key, and begins with identification of this condition. Education is critical so as to avoid aggravating or exacerbating habits and activities. Guidance with appropriate exercises and workouts can minimize injuries. In some cases bracing may be necessary. Supportive shoe wear and sometimes inserts can be helpful. As these individuals are prone to soft tissue overload, interventions such as Fascial Manipulation® and dry needling may be helpful in resolving dysfunctional and painful movements. As in most conditions, early recognition and intervention can prevent escalating problems.



For additional information please stop by our office, contact us by phone, visit our website, or email us at apt@aptfc.com.

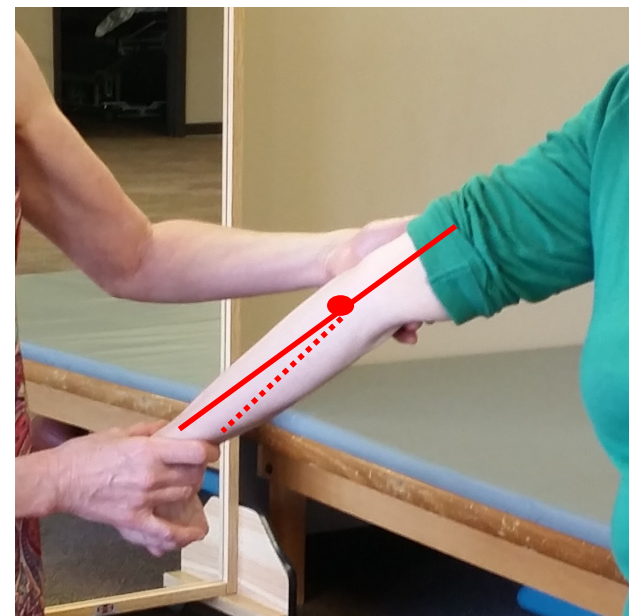
*In many cases a referral may not
be necessary, and insurance
may cover.
Se habla español!*

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Appalachian Physical Therapy
“Always Getting Better”

Hypermobility: *Too Much of a Good Thing*



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Flexibility is a good thing, right? We equate it with health, fitness, and youth. People take pride in how flexible they are, and sometimes call it being “double jointed.” Activities such as ballet, gymnastics, cheerleading, and some sports showcase flexibility. Certainly *normal* flexibility and range of motion are desirable.

*But there is such a thing
as too much.*

Hypermobility is the term for movement beyond normal, and is *not* desirable. It is a frequently misunderstood and undiagnosed genetic soft tissue disorder that runs in families –



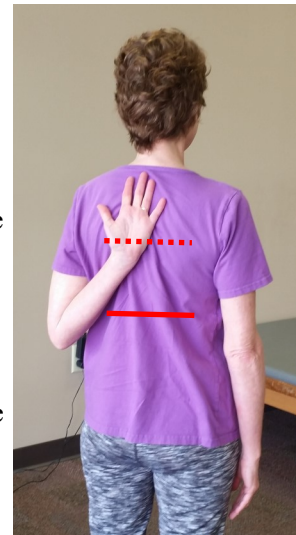
people are born with it. Hypermobile individuals have fewer collagen and excess elastic fibers in their tendons, ligaments, fascial retinaculum, and skin. Collagen is the body's naturally occurring protein that gives our tissues structure and

form. Without it the body does not have the normal stops to movement, which is hard on joints. There is also a lack of support for tissues including internal organs, nerves, and veins. Ultimately, the hypermobile individual is more susceptible to injury and health issues.



Common Symptoms may include widespread, changing pain complaints and health problems with no apparent cause or explanation. Some individuals can live symptom free, but many do not. The degree of hypermobility as well as an individual's habits, activities, and lifestyle choices can influence a variety of problems including:

- Joint pain, swelling, and popping. Some people seek temporary relief with joint manipulation or cracking.
- Recurrent injuries such as subluxations, dislocations, and sprains.
- Multiple widespread health issues that may be unresponsive to treatment or never fully resolve.
- Internal organ dysfunction affecting the digestive, urinary, reproductive, circulatory, and respiratory systems.



*The presence or absence of these
symptoms does not determine
hypermobility.*

Diagnosis is NOT based on testing such as X-ray, MRI, or lab work. Evaluation by a practitioner skilled in the recognition of abnormal movement is the most reliable method of detection. Elements of this include:

- **History** with attention to variable aches and pains, non-responsiveness to intervention, multiple surgeries, and internal organ dysfunction with no explanation.
- **Observation** of knees and elbows that bend backward, trunk forward bending with palming the floor, fingers that can be extended to touch the forearm—these are manifestations of hypermobility. Some hypermobile people are aware that compared to others they are much more flexible, while others have never thought about it.
- **Skin Texture** that is soft and squishy due to collagen insufficiency.
- **Stretch Marks** unrelated to pregnancy (shoulders, thighs, children, males) are another manifestation of collagen insufficiency in the skin.
- **Bruising** that occurs excessively or easily, resulting from insufficient support for arteries and veins in the lax connective tissues.
- **Positive Findings** for other diseases such as rheumatoid arthritis, Sjogren's syndrome, Lupus, and polymyalgia rheumatica are often present in hypermobile individuals.