

# Hypermobility



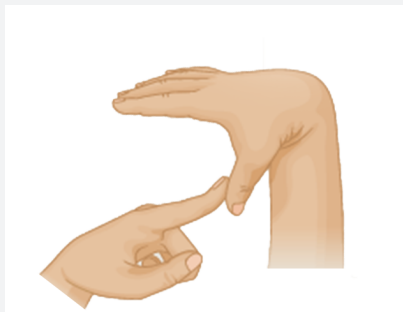
## The conditions

- Hypermobility Syndrome (HMS)

+ Rehab + Pilates + Physio + Injury Prevention + Gym

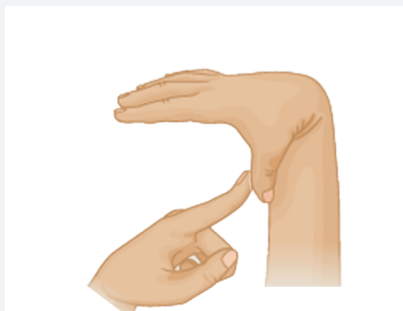


### Standard range of motion



Thumb does not touch wrist

### Range of motion in Hypermobility Syndrome



Thumb touches wrist

### About the conditions

This is a condition where your joints move beyond the normal range expected for that particular joint and is often referred to as being 'double-jointed'.

This is due to the supporting structures for joints (the ligaments) having increased laxity or flexibility, while leads to the excess movement being allowed at the joint(s).

Many people with HMS are born with this syndrome. It may be associated with a genetic disorder.

### Usual symptoms include

The presence of hypermobility can lead to the development of pain and joint problems, due to increased movement and decreased stability at the joints. In rare cases, this can lead to dislocation at a joint. The joints most commonly affected are the knees, shoulder, hips, elbows, spine and fingers. Individuals with HMS can be susceptible to injuries and a higher risk of dislocation and sprains.

### What we can do to help

- Strengthen the muscles to compensate for the laxity of ligaments that hold the joints in place.
- Help you retrain your posture.
- Teach and educate you on injury prevention.
- Advise on orthoses / braces if needed.
- Advise on appropriate exercises for you.

Your local Active+ clinic:

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