



ACTIVEPHYSIO®

If it's not active it's not physio

Hyper-mobility

Patient Information



The condition

- Hyper-mobility Syndrome (HMS)

About the condition

Many people believe that to be really flexible means that your musculo-skeletal system is in top condition.

But like everything a little of a good thing goes a long way! Stretching is important in keeping your muscles in balance. However many people who experience pain and problems with their musculo-skeletal system have what is termed a Hyper-mobility Syndrome (HMS). They are too stretchy!

This means that the supporting structures for joints (the ligaments) are too loose which means that there is an excessive amount of movement across the joints. These people are often called “double jointed”.

Many people with HMS are born with this syndrome. While many others develop it through intensive physical training such as ballet or gymnastics.

Usual symptoms include

The presence of hyper-mobility can lead to the development of pain and joint problems such as dislocations and premature osteoarthritis. Osteoarthritis leads to pain and joint stiffening usually in the larger joints of the body.

People with HMS often find it hard to stand and sit for prolonged periods because they lack the joint backstop of strong ligaments to support them in prolonged sedentary positions.

What we can do to help

People with HMS require deep holding muscle action to make up for the lack of ligamentous support. They also need to be aware of their posture and how they move. Repetitive, prolonged or sustained actions, particularly those that take them into their extreme end range of movement, can be stressful on both the muscles and joints resulting in pain and injury. We can teach and educate on how to prevent injury.

To assess your own hyper-mobility check out the tests below.



How hyper-mobile are you?

The ‘Beighton’ score system looks at a series of passive manoeuvres to test hyper-mobility. All tests should be conducted slowly and gently and not cause any discomfort.

DO NOT FORCE THESE MOVEMENTS. ALL SHOULD BE ATTEMPTED SLOWLY AND WITHOUT ANY DISCOMFORT	LEFT	RIGHT
1. Bend back 5th Finger to 90 degrees	1	1
2. Bring thumb to touch underside of the forearm	1	1
3. Straighten elbow to bow back to 10 degrees	1	1
4. Straighten knee to bow back to 10 degrees	1	1
5. Hands flat on floor with knees straight	1	1
TOTAL	5	5

Your local Active Physio:



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