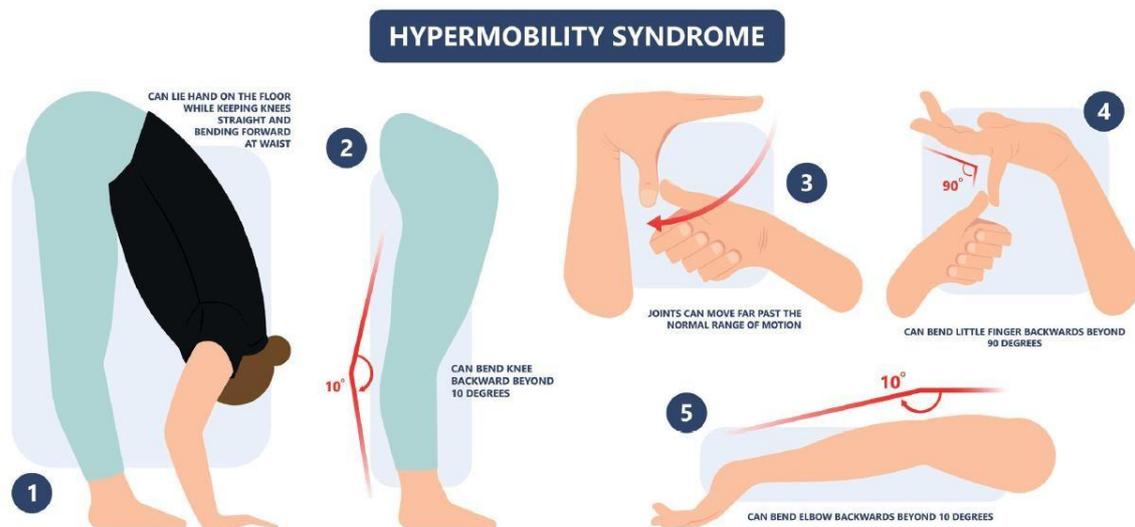


Joint hypermobility syndrome



What is Joint Hypermobility Syndrome?

Joint Hypermobility Syndrome (JHS), also called hypermobility spectrum disorder, is a condition where joints move more than normal. People with JHS may be more flexible than usual and may experience joint pain or other related symptoms.

It is different from flexibility due to stretching or exercise—it is a lifelong trait of the connective tissues.

How Common is it?

- JHS is quite common, affecting up to 1 in 5 children to some degree.
- It is more common in girls than boys.
- Some families may have a genetic tendency for joint hypermobility.

Signs and Symptoms

Children and adults with JHS may experience:

- Joints that move beyond the normal range (double-jointed)
- Frequent sprains, dislocations, or joint injuries
- Joint pain, especially after activity or at the end of the day
- Fatigue or muscle weakness
- Clumsiness or delayed motor skills in some children
- Occasionally, soft tissue problems such as tendonitis or back pain Some children may have other symptoms such as:
 - Flat feet
 - Poor posture
 - Digestive or bladder issues (in rare cases)

How is JHS Diagnosed?

- A doctor or physiotherapist will examine joint range of motion and check for associated symptoms.
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- Diagnosis is often made using specific criteria, including the Beighton Score, which measures joint flexibility.
 - Blood tests or imaging are usually not required unless to rule out other conditions.

Management and Treatment

There is no cure for JHS, but management can reduce symptoms and prevent injury:

1. **Physiotherapy**
 - Strengthening muscles around the joints
 - Improving posture and movement control
 - Tailored exercise programs
2. **Pain Management**
 - Paracetamol or ibuprofen (as advised by a doctor)
 - Heat packs, massage, or gentle stretching
3. **Lifestyle Advice**
 - Avoid high-risk activities that may cause joint injury
 - Maintain a healthy weight to

reduce stress on joints ○ Encourage low-impact exercise (swimming, cycling)

4. Footwear and Supports ○ Good supportive shoes ○ Orthotics for flat feet if necessary
- Braces may be used temporarily for unstable joints

Living with JHS

- Most people with JHS lead active, normal lives.
- Education and support help children and adults manage pain and prevent injuries.
- Early physiotherapy is key to improving strength and function.

When to Seek Medical Advice

See your doctor or physiotherapist if your child:

- Experiences persistent or severe joint pain
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- Has frequent joint dislocations or injuries
 - Shows increasing fatigue or difficulty with daily activities

Key Points

- Joint hypermobility is common and usually not dangerous.
 - Pain and injuries can be managed with physiotherapy and lifestyle strategies.
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- Regular follow-up and proper exercises improve long-term outcomes.

Remember: With proper care, children and adults with joint hypermobility can stay active, healthy, and pain-free.
