

# HYPERMOBILITY

## What is hypermobility?

Hypermobility is when there is extra flexibility at joints (bendy). This may effect some or all joints.

### Most common problems:

- Late walking
- Flat feet
- Difficulty with hand control in dressing or playing
- Tripping, unusual walking pattern
- Problems with drawing or writing
- Pain (particularly at night or after exercise)
- Balance problems/ co-ordination difficulties
- Fatigue
- Reduced Stamina

This is because the extra flexibility may make certain activities more difficult.

However many people do not have any problems at all.



## What will happen?

As children grow and get stronger the effects of hypermobility will usually reduce as they are able to control their joints.

## Role of physiotherapy?

- Improve posture, muscle strength and stability
- Pain management and pacing activities
- General fitness and exercise

## General Advice

- Supportive footwear
- Pen grips

## Do's and Do Not's

- Do encourage your child to exercise e.g. swimming and cycling
- Do encourage your child to wear trainers not plimsolls in PE.
- Do encourage your child to join in PE, and to rest when they need to.
- Do encourage your child to wear supportive shoes (boots give more support).



- Discourage your child from "W" sitting.
- Please inform your child's activity instructor/dance teacher of your child's symptoms and avoid over stretching.