

*Hypermobility is a
normal variant.*

*Hypermobility is a
variation of what is
considered normal.*



**Enable Ireland Meath Service
Aerbridge House
Dunshaughlin Business Park
Dunshaughlin
Co. Meath A85 XP48**

N3 from Navan Direction: drive through Dunshaughlin
Approx. ½ mile outside town take left turn into Dunshaughlin Business Park (signposted)
In business park take first right turn (there's a signpost saying 'Section 4' and sign for Enable Ireland) go to end of road (it's a cul-de-sac). The last building on left is Aerbridge House; Enable Ireland is around at the back of this building.

Phone: 01-8240696
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**Hypermobility
Guide
Home Guide about
Hypermobility**

**Enable Ireland
Meath Service
Dunshaughlin**

What to know and What to watch for

What is Hypermobility

A variant of joint mobility where the person's joints can be flexed beyond the normal range of motion. Can be referred to as 'Double Jointed'.

About Hypermobility:

- It affects 10-15% of children
- More common in females than males.
- More common in infants and decreases with age

Signs and Symptoms

- Joint pain and/or fatigue
- Associated with flat feet, bunions
- Joint swelling
- Injuries such as recurrent sprains or dislocations
- Developmental delay
- Clumsiness
- Walking differently

Key Message





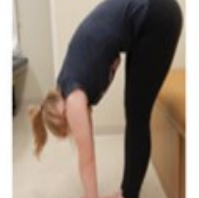
It is common to have hypermobility and it is not always limiting..

Some Olympic athlete's use it to their advantage such as Michael Phelps, and Siobhan Haughty, two Olympic Swimmers, and Simone Biles an Olympic Gymnast.

If you think your child may require orthotics, please take a picture of your child's feet in standing from forward facing, side facing and rear facing and send it to admin for review.

How it is diagnosed

Beighton Scale

	Passive dorsiflexion of the metacarpophalangeal joint (knuckle) beyond 90 degrees 1 point for each hand
	Passive apposition of the thumb to the flexor aspect of the forearm 1 point for each thumb
	Hyperextension of the elbows beyond 10 degrees 1 point for each elbow
	Hyperextension of the knees beyond 10 degrees 1 point for each knee
	Forward flexion of the trunk with knees fully extended so that the palms of the hands rest flat on the floor 1 point
Positive for Hypermobility: $\geq 6/9$ Negative for Hypermobility: $< 6/9$	

When to seek a PT Review

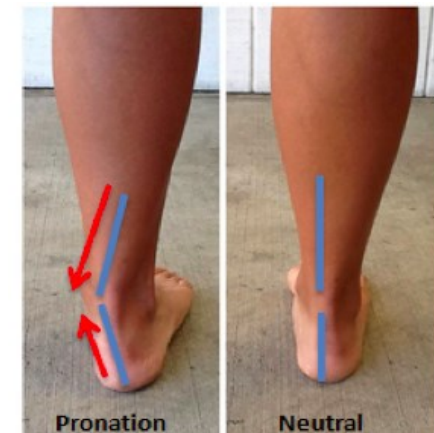
- **Not all children that are hypermobile need to be seen by Physiotherapy**
- Acute or sudden onset of pain in their joints (knees, ankles, back) that is different than **typical growing pains**.
- Pain that is affecting their function, example: difficulty climbing stairs or not being able to participate in a physical/sporting activity.
- Signs of excess fatigue while walking—often due to bones in feet being very flexible.
- See Image below—if your child's foot look like this they may require orthotics to help with their walking ability/endorance.
- If they become injured during physical activity (Example: ankle sprain).

Our Advice

If your child is hypermobile the best advice is to insure that your child is **fit** and **active**.

Encourage them to be involved in community sports and exercise programs. Find a sport that they like and inform the coaches that they are hypermobile. This should not be a limiting factor in their participation.

Home exercise programs are not recommended for hypermobility because evidence shows that children are more likely to participate in a sport/activity they enjoy.



Example of pronating (collapsing) feet