

## Patient information

# Hypermobility

The term 'generalised joint hypermobility' (GJH) is used when a child has several joints that are more flexible (bendy) than usual. This happens when the connective tissue, which makes up the joint structures (capsule and ligaments), is more compliant (more easily stretched) than usual.

Generalised joint hypermobility is quite a common occurrence – in fact it is just a normal variation in the way joints are put together. Most ballet dancers and gymnasts have a degree of joint hypermobility, which means that you can be hypermobile, strong, active and fit.

Children can be hypermobile either in all their joints or just some. It can affect fingers, hands, elbows, shoulders, hips, knees, feet and each joint can bend differently for each child.

Physiotherapy is used for treatment with individual exercises given to each child depending on their own needs. By following the exercise plan given, this tends to be all most children will need.

