

What is...

## Hypermobility

Joint Hypermobility is the term used when a joint has more movement than expected. It occurs when the ligaments are lax allowing more movement in that joint. Whilst most children with hypermobility are asymptomatic, others may experience pain and discomfort; they may easily fatigue and have reduced co-ordination due to joint laxity. These children are more vulnerable to injury and developing poor posture. Hypermobility is also related to low tone and weaker muscles, as the muscles need to work harder to stabilise the joint. It is therefore important to focus on being healthy, strong and fit.

Providing  
specialist physios in  
Hypermobility



### Did you know?

Hypermobility can affect 1 joint or many joints in the body

The condition often runs in families

It is more common in females and children (1)

It is estimated that 3 in 10 people are affected in the UK (2)

### What is the role of Physio?

Provide treatment and advice to help the following concerns that may be present in your child:

- Clumsiness
- Feeling tired
- Joints clicking
- Slower in achieving development milestones (crawling, walking, handwriting, using knife and fork)
- Fallen arches – flat feet
- Weakness or poor control of joints
- Pain
- Reduced ability to walk distances

Examples of treatments and advice include:

- Advice on how to build muscle strength and endurance gradually
- Advice on pain relief methods
- Pain relief treatments such as massage
- Advice on how to get involved in normal everyday activities and sports
- Exercises to improve strength and stability around the joints
- Advice on the best footwear

# Why use Physiocomestoyou?

- Specialised in treating children with hypermobility symptoms
- Able to assess and determine if a child is hypermobile
- Able to see your child at home or their nursery/school
- Work closely with other health professionals involved in your child's care
- Use of evidence based practice and research to ensure the most up to date treatment is offered for children with hypermobility
- Treatments are made fun and enjoyable



Shoes with a strong sole are the best option for hypermobile children.



## What do we provide?

- Paediatric physios who are able to come to your child's home, school or nursery
- First appointments within 24 hours
- All of London within M25 covered and extending nationwide
- Weekend and Evening appointments available
- No need to arrange child care or take them out of school
- Affordable fees



## Contact us

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or call on 020 7884 0374

or visit us online at [www.physiocomestoyou.com](http://www.physiocomestoyou.com)



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