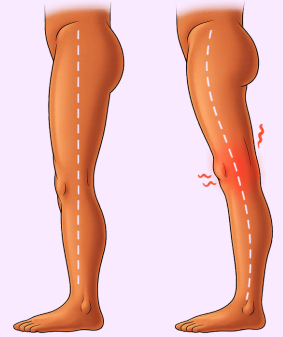


# HYPERMOBILITY

## What is Hypermobility?

“Hypermobility” means joints move farther than they should. Some people call this being “double-jointed.” It happens when the tissues that stabilize joints are more flexible than normal. Extra flexibility may sound good, but too much motion can make joints less stable, leading to pain, repeated injuries, and early joint wear (premature degeneration). Many people live with hypermobility for years before realizing it may be contributing to their symptoms.



## Common Symptoms

### Muscle & Joint Symptoms

- Frequent neck or back pain
- Joint pain in multiple areas
- Clicking or popping joints
- Repeated sprains or injuries

### Other Symptoms

- Clumsiness or poor coordination
- Fatigue or poor sleep
- Headaches
- GI complaints

## How Chiropractic Care Helps

### Strengthening Joint Support

A targeted rehab program strengthens muscles and improves control to protect joints from future injury and premature degeneration.

### Reducing Muscle Tension

Soft-tissue techniques help relax muscles that have become overworked and irritated from trying to stabilize joints.

### Improving Joint Balance

Restoring motion in nearby restricted joints to reduce stress on unstable areas.

### Advising Exercise, Nutrition & Daily Habits

Customized recommendations that improve joint stability, protect vulnerable joints, and reduce the risk of future injury and premature degeneration.

## Helpful Activities



Pilates



Yoga



Swimming



Strength Training



Balance Exercises

## Everyday Tips



Avoid locking joints



Maintain neutral posture



Optimize workspace ergonomics



Keep a slight bend in knees and elbow



Avoid long periods in one position



Pace repetitive activities

Hypermobility is common. With the right care, your joints can become stronger and more stable, with less pain. Consult your chiropractor to learn more.