



Hypermobility Syndrome



This is a condition that features joints that easily move beyond the normal range expected for that particular joint. Hypermobile joints are sometimes referred to as “loose joints”, and those affected are referred to as being “double jointed”. Symptoms of the joint hypermobility syndrome include pain primarily in the feet, ankles and knees. In many cases joint hypermobility causes no symptoms and requires no treatment.

Treatment will be focused on relieving pain by strengthening surrounding muscles and stabilizing the joints possibly with shoes inserts especially during physical activities.

Call 9388 9999