



Hypermobility Syndrome



Hypermobility is a commonly used term for joints that people describe as “double-jointed”. The correct medical terminology is “A joint that has a range of motion that is beyond normal limits”. This differs from “flexibility” which is the description of normal range. It is more commonly found in females and can increase risk of injury.

Hypermobility can be a feature of other medical conditions of the thyroid and endocrine systems, as well as connective tissue disorders like Ehlers Danlos, so it is important to identify early.

Peak has experienced practitioners in the area of hypermobility, the tests needed to assess the extent of hypermobility, and then how to guide our patients through a prevention program and avoidance of the high risk of injury. Along with a network of specialists in the area to provide a collaborative approach to address all areas.

Identification of hypermobility especially in paediatrics means our ability to provide early education to both the child and family where genetics can play a big part in improving outcomes for children and adults alike.

Call 9388 9999