

Understanding Symptomatic Hypermobility, EDS and HSD

Information for Schools and Education Settings

What is Symptomatic Hypermobility?

Hypermobility means a person can move their joints beyond the usual range of movement. It is common, particularly in children, and on its own is not necessarily a problem.

However, when hypermobility is accompanied by symptoms such as:

- Long-term or widespread pain
- Fatigue
- Frequent dislocations or subluxations
- Soft tissue injuries and joint instability

It is known as symptomatic hypermobility.

The Ehlers-Danlos Syndromes (EDS)

The Ehlers-Danlos syndromes are a group of inherited connective tissue disorders.

Connective tissue is found throughout the body, meaning EDS can affect many different body systems. Symptoms and severity vary greatly between individuals.

Important: Vascular EDS (vEDS) is distinct from other types of EDS and may be associated with serious, life-threatening complications.

You can find out about all the different types of EDS by going here ehlers-danlos.uk/young-people-what-is-eds-and-hsd/

Key Points for Staff

- Pain and fatigue may not always be visible.
- Some pupils may not recognise pain until it becomes overwhelming.
- Fine and gross motor skills can be affected.
- Physical abilities can vary significantly from day to day.
- Pupils should be able to make adaptations without being singled out.
- A flexible, understanding approach can make a significant difference to attendance, participation and wellbeing.

Every Child is Different

Listen to the child, work with families and healthcare professionals, and focus on individual needs rather than diagnosis alone.

For more information visit ehlers-danlos.uk