

## **A retrospective survey to investigate the change of pain and fatigue through-out the menstrual cycle in the Ehlers Danlos hypermobile type population.**

**Bryn Taylor**

Received 11.09.26

The main findings were that pain and fatigue significantly increase during menstruation in females with hEDS.

Based on the responses of 119 people with hEDS and various comorbidities, it was shown that symptoms, including joint instability, increase during the premenstrual phase and peak in severity during menstruation.

80% of respondents found that pain was worse during menstruation, with 85% of the respondents finding their pain was less manageable during menstruation. 88% of respondents found that fatigue was heightened during menstruation, with 6% of those experiencing insomnia throughout menstruation, often due to pain severity. 77% of respondents felt that their joint stability varies throughout the menstrual cycle, with 66% finding increased joint instability during their period, often leading to increased amounts of subluxations or dislocations.

96% of respondents believed that more research should be completed, with a focus on the relationship between hormones and joint laxity throughout the whole menstrual cycle, the impact of birth control on symptoms and investigations into more effective pain relief.

This study is being presented as a poster at the student CSP (Chartered Society of Physiotherapy) Conference in late October, with the hopes of spreading awareness of hEDS symptoms and the menstrual effects to physiotherapists and seeing if any further research would be supported.

