

# Joint Hypermobility and Ehlers-Danlos Syndrome (EDS)



**"Working with a knowledgeable hand therapist can make the difference between success and failure in complex hand surgical cases. The therapist extends the continuum of our care, as well as functioning as coach and trainer for our patients."**

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## What is joint hypermobility?

Hypermobility happens when a joint moves more than normal. This may be due to a genetic disorder of the connective tissues such as Ehlers-Danlos syndrome (EDS). Your connective tissue holds structures in place and provides support within the body.



*Joint hypermobility happens when a joint moves more than normal and may be due to a genetic disorder of the connective tissues*

## What is Ehlers-Danlos syndrome?

People with Ehlers-Danlos syndrome have more than normal movement of many joints of the body, causing the joints to be loose and extra flexible. EDS is normally determined through a blood test.

Joint hypermobility and EDS may cause:

- Pain
- Weakness and fatigue
- Trouble controlling movements and performing activities
- Trouble with posture and getting your body in a good position to perform activities

## What can a hand therapist do for me?

If you have EDS, a hand therapist can teach you ways to use your body to limit stress on your joints. They can recommend devices or orthoses/braces to support your body during activities. A hand therapist can also work with you to create a customized strengthening and endurance program.



*Joint hypermobility and EDS may cause pain, weakness and trouble controlling movements while performing activities*



*A hand therapist can teach someone with EDS ways to limit stress on their joints and create a customized strengthening and endurance program.*