**Joint Hypermobility Syndrome**

**Summary:**

Hypermobility means joints are more flexible than normal. People may think of themselves as “double jointed”. When it causes pain it is called joint hypermobility syndrome (JHS).

**Symptoms:**

People with JHS may:

* often getting pain or stiffness in joints or muscles
* keep getting sprains and strains
* keep dislocating joints or have joints “pop out”
* have poor balance or co-ordination
* have thin, stretchy skin
* have digestive problems like diarrhoea or constipation

**Strategies:**

Check on Staff Advantage or discuss with student, but strategies may include:

* ensuring furniture is appropriate for the student’s needs. Feet should be flat on the floor, thighs and forearms horizontal and desk just below elbow height
* ensuring a chair is always available so the student does not have to sit on the floor
* allowing student to move around if they wish, to prevent stiffening up
* allowing rest breaks and/or extra time, especially when completing extended writing or when doing timed assessments
* discussing with the student whether it would be helpful to use a word processor for extended writing, timed assessments or exams
* refer to Staff Advantage for guidance if joints “pop out”

For further guidance see below.

[NHS information for parents, carers and schools](https://alderhey.nhs.uk/application/files/1715/5653/7656/Hypermobility_Leaflet_PIAG_085.pdf)