

## **399 – Hypermobility**

With Steven Bruce, Tom Morrison and Jenny Sanders

- **Introduction to Hypermobility:** Defined by the speakers, noting variations in flexibility and its impact on physical health. Discussion includes the background of the speakers, with Tom representing a "rigid" end of the flexibility spectrum and Jenny as a hypermobility sufferer.
- **Challenges of Hypermobility:** Emphasis on the difficulties hypermobile individuals face in traditional fitness settings, including a higher risk of injuries such as dislocations and strains due to joint instability.
- **Training and Stability Strategies:**
  - Importance of controlled, slow movements with fewer reps but longer durations.
  - Use of assisted exercises and props to build muscle strength without overextending joints.
  - Gradual introduction to balance and stability exercises, with an emphasis on proprioception to reduce the likelihood of injuries.
- **Patient Education and Communication:**
  - Educating patients on the slow nature of progress in strength-building and the necessity of long-term commitment to stability exercises.
  - Importance of open and honest communication with patients about realistic goals and the potential for setbacks.
- **Rehabilitation and Injury Prevention:**
  - Strategies to manage setbacks due to injuries, focusing on adapting training rather than complete rest.
  - Guidance on the types of exercises that can support joint stability, including resistance training and balance work with a focus on proprioception.
- **Impact of Hypermobility Beyond Musculoskeletal Health:**
  - Brief mention of comorbidities such as digestive issues, indicating the systemic nature of connective tissue disorders.
- **Focus on Communication and Consent:**

- Emphasized the need for practitioners to communicate realistic goals and setbacks in strength training for hypermobile patients.
  - Importance of informed consent, especially when guiding patients toward exercises that may provoke anxiety due to past injuries.
- **Equality, Diversity, and Inclusion:**
  - Acknowledgement of the higher prevalence of hypermobility in female patients
  - the need for accessible, non-intimidating exercise options for women who may be uncomfortable in traditional gym environments.