



How Hypermobility Impacts Your Pelvic Health

What is Hypermobility?

- Joints are considered hypermobile when they extend beyond a normal range of motion
- Hypermobility can occur when the ligaments (bands of connective tissue that connect bones to other bones) are loose or have more laxity than usual
- The term, “double jointed” has commonly been used to describe people who have joint hypermobility.
- Some people are naturally hypermobile and do not experience any bothersome symptoms associated with it. For others with hypermobility, it can be a symptom of another condition, such as connective tissue disorders like Ehlers-Danlos Syndrome, Marfan’s Syndrome, and Stickler’s Syndrome, among others. Hypermobility associated with these conditions can be problematic and often causes chronic pain and other severe symptoms.
- People with hypermobile joints may experience or be prone to joint dislocations or subluxations (partial dislocations).

Who is Affected by Hypermobility?

- Joint hypermobility can affect anyone, regardless of age. There is a growing body of evidence that indicates that hypermobility is genetically linked, meaning that it often runs in families.
- Children are typically more hypermobile compared to adults, however, even kids can experience excessive joint hypermobility compared to their norm.
- Hypermobility is typically seen more in females than in males, though it is likely that symptoms in males are not as easily recognized. Research suggests that female hypermobility might be more prevalent as it is linked to the female hormone cycle which can cause more joint and ligament laxity during hormone fluctuations.

How does Hypermobility Impact the Pelvic Floor?

- Hypermobility causes general instability because of the lack of support from the connective tissue. Due to this, muscles have to compensate for the lack of stability by working overtime to keep the body together.
- The pelvic floor muscles work in unison with the diaphragm, the deep core muscles, and the stabilizing muscles of the back to help maintain abdominal pressure as well as provide stability and strength as we move.
- When the pelvis is unstable due to hypermobility, it causes the pelvic floor muscles to compensate for this instability by overactivating and creating muscle tension.
- Tight and overused pelvic floor muscles can cause a variety of problems, including pelvic pain with movement and intercourse, pain with bowel movements, and urinary dysfunction, to name a few.

Management Strategies for the Pelvic Floor:

- One of the best ways to address pelvic floor dysfunction associated with hypermobility is by seeking out skilled pelvic floor therapy.
- Pelvic floor therapists can assess the pelvic floor muscles to find areas of tension as well as assess muscle weakness.
- Treatment strategies for hypermobile pelvic floor needs might include manual release of pelvic floor tension through an internal exam.
- Other strategies include a full body posture assessment, healthy pelvic floor habit and routine building, functional strengthening of deep stabilizing muscles, learning stretches and exercises within a safe range of motion, pelvic floor muscle lengthening/strengthening, diaphragmatic breathing techniques, and use of modalities to aid symptoms.

General Hypermobility Tips:

- Posture makes a huge difference with hypermobility. Even the way the neck and shoulders are positioned can impact the pelvic floor. Due to this, having good postural awareness is key to helping reduce symptoms of hypermobility as well as the impact on the pelvic floor.
- Moving within a safe range of motion is another core concept to living with hypermobility. Retraining the brain to move within a range where the joints are not hyperextending is important to help reduce pain and strain on the muscles.
- Safe movement and strengthening of stabilizing muscle groups is an important tool for reducing symptoms of hypermobility as it will help to more effectively stabilize the body without overworking muscles like the pelvic floor.

Hypermobility Online Resources:

Joint Hypermobility: Types, Symptoms & Safe Exercises - www.jeannedibon.com/understanding-joint-hypermobility/

Hypermobility Spectrum Disorder & Your Pelvic Floor | PHS - www.pelvichealthsupport.org/hypermobility-spectrum-disorder-your-pelvic-floor/

Connective Tissue Coalition | Ehlers-Danlos Syndrome - www.connectivetissuecoalition.org

Home - The Ehlers Danlos Society - www.ehlers-danlos.com



Questions?

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