

COMMON SYMPTOMS OF HYPERMOBILITY SPECTRUM DISORDERS

Neurological

Headache/migraine, cervico-medullary syndrome/myelopathy, Chiari, Tarlov cysts, CSF leaks, idiopathic intracranial hypertension, tethered cord, pseudo-seizures, syncope, central sensitization, proprioceptive & interoceptive deficits, clumsiness, nerve compression.

Cognitive & Mental Health

Brain fog: problems with concentration, memory, processing. Anxiety, panic disorder, depression, 'Medical PTSD.'

Non-System

Severe fatigue, sleep dysfunction.

Autonomic Nervous System

Dysautonomia: Postural Orthostatic Tachycardia Syndrome (POTS) or orthostatic intolerance, syncope, fatigue, dizziness, Raynaud's, exercise & heat intolerance.

Cardiovascular

Varicose veins, mitral valve prolapse, pelvic congestion syndrome, median arcuate ligament syndrome, superior mesenteric artery syndrome. Dysautonomia/POTS.

Respiratory

Costochondritis, slipping ribs, dysfunctional breathing, vocal cord dysfunction, pectus excavatum.

Gastrointestinal

GERD, IBS with diarrhea and/or constipation, rapid or delayed gastric emptying (gastroparesis), painful bloating, nausea/vomiting, prolapse, hernias, diverticulitis, colitis.

Immune

Mast Cell Activation Syndrome (MCAS), rashes, hives, medication/chemical and food sensitivities, excessive inflammatory response.

Urogenital

Incontinence, UTI, interstitial cystitis, dysmenorrhea, pelvic pain, vulvodynia, painful intercourse, prolapse, endometriosis, adenomyosis.

Musculoskeletal

Joint hypermobility, instability and pain, soft tissue injury, muscle spasm/trigger points, scoliosis, decreased bone density, proprioceptive deficits.

Hematological

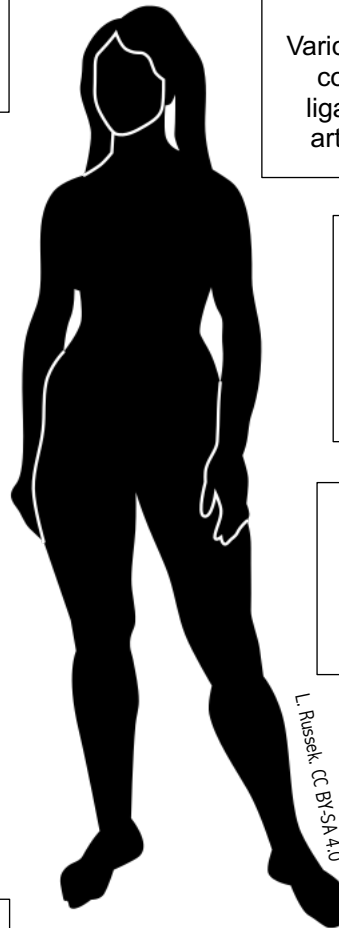
Easy bruising, excessive bleeding, heavy menstrual bleeding, GI bleeding, hematomas, hemarthroses

Dermatological

Hyperextensible skin, fragile skin, poor wound healing, piezogenic papules, MCAS skin issues.

Neurodevelopmental

Developmental co-ordination disorder, motor delay, autistic spectrum disorder, attention deficit hyperactivity disorder, interoceptive deficits.



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