BENDY BODIES LLC

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Hypermobility Spectrum Disorders

What are hypermobility spectrum disorders (HSD)?

- HSD are a group of conditions that share some of the features of the Ehlers-Danlos syndromes (EDS), but do not meet the full diagnostic criteria for any of the specific types of EDS. HSD is a relatively new diagnostic term that was introduced in the 2017 international classification to better recognize and classify individuals with joint hypermobility (JH) and related symptoms.

Is HSD genetic?

- The exact cause of HSD is not fully understood, but there may be a genetic component to the condition. While there is no known genetic mutation to explain HSD, there may be a hereditary component that can be passed down from one generation to the next.

Is HSD less severe than Hypermobile EDS (hEDS)?

- HSD is NOT less debilitating than hEDS.

Are there comorbidities of HSD?

- Comorbidities occur commonly with HSD and include gastrointestinal problems, dysautonomia (dysfunction of the autonomic nervous system), mast cell activation disorder (MCAD), and autoimmune conditions.

How is HSD treated?

- Treatment for HSD typically involves a multidisciplinary approach. Symptoms are best managed through a combination of movement therapies, modalities, addressing nutrition and sleep, and medications. Interventions must be tailored to the individual's specific needs.