



# A Guide to Living With Hypermobility Syndrome: Bending without Breaking

*Isobel Knight*

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## **A Guide to Living With Hypermobility Syndrome: Bending without Breaking** Isobel Knight

People with Hypermobility Syndrome (HMS), including Ehlers-Danlos type Hypermobility Syndrome, have a larger range of joint movement than is typical, which can cause pain and fatigue despite an outward appearance of good health. This book is the complete guide to living with and managing HMS, and is packed with ideas that can help to alleviate suffering and facilitate a happy and healthy everyday life. This book covers everything from recognising symptoms and obtaining initial diagnosis to living with the condition on a daily basis and managing its negative effects. The author, who has HMS herself, looks at how the condition affects children and adolescents, before moving on to explore pain management (including the use of physiotherapy, pilates and a selected range of complementary health therapies), pregnancy, physical and psychological aspects of the condition, and how it widely affects dancers and other performance artists. Wider conditions that encompass Hypermobility Syndrome are also touched upon, including Fibromyalgia and IBS. This book will be a must for anybody who suffers, or suspects they might be suffering from, Hypermobility Syndrome. It will also be of interest to their families and friends, and professionals working with the condition.

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