

Some symptoms associated with EDS Type III (same as BJHS, JHS, HMS per Grahame, Keer 2003)

*See <http://www.reumatologia-dr-bravo.cl> for the first 6 on left:

Bendy joints/bird hands *
Duck's or "Farmer's" (crookneck) thumbs *
Stretchy skin (elephant sign) *
Lax scribe sign (writing) *
Square shoulders *
Anti-mongoloid eyes *
Joint pain/arthritis w/o swelling
Crossed eyes, wandering eyes (strabismus)
Bruxism (teeth grinding, jaw lock)
TMJ
Twitching eyelids/elsewhere (muscles)
Salt craving (adrenal fatigue)
Anxiety
Depression & depressive disorders
Subluxed or dislocated joint(s)
Aortic aneurysm(AA)
Heart palpitations/tachycardia
Low BP/variable BP (POTS)
Poor temp regulation (run "cold")
Fatigue
Fibromyalgia (even subclinical)
Poor/slow digestion/emptying, dysphagia
Constipation/bloating
IBS (wet, dry or mix)/gas
Scoliosis
Spinal Stenosis (narrowing of s. column)
Arthritis (osteo, esp in neck, back and hands)
Trouble Swallowing
Pelvic prolapses (uterus, bladder,etc.)
Hemorrhoids /rectal prolapse
Diverticulitis
Large colon (distension, mega colon)
Reynaud's phenomenon (blue fingers/toes)
Prolapsed/herniated discs (spine)
Ganglion cysts (or Baker's cysts on knees)
Cerebro-spinal ("brain juice") headaches
Photophobia (light sensitivity)
Thinskin/tear or bruise easily
Soft teeth/prone to dental caries, breaking
Fragile gums/bleed easily even w reg hyg.
Small jaw, crowded teeth, even w small teeth
Trouble healing wounds/sutures, bleeding
Macular Degeneration
Fallen or very high arches (feet)
Deviated septum/septum surgery for issues
Trouble with suturing soft inner tissues

Myopia
Velvety skin
Congestive heart failure
Migraines
Thyroid issues (high or low)
Low blood sugar, freq. hunger, early satiety
Neck strain, and cervical instability
Incontinence (any kind)
Glaucoma
Osteopenia or osteoporosis
Problems w bleeding or wound healing
Sensory processing disorder(s) (startle easily)
Sensitivity in general, cry easily (or a lot)
Bone spurs
Lots of allergies and sensitivities (esp gluten)
Super "flexible" or double jointed historically
Hernias (discs or abdominal)
Spondylolisthesis, other spinal issues

See more info at:

<http://www.reumatologia-dr-bravo.cl>

<http://ehlers-danlos.org>

<http://hypermobility.org>

<http://medicalzebras.com>

<http://prettyill.com>

<http://ednf.org>

Recommended books:

Joint Hypermobility Handbook- A Guide for –
Dr. Brad Tinkle, 2010 (2nd edition, blue cover)

Hypermobility, Fibromyalgia and Chronic Pain,
1e – Hakim, Keer and Grahame, 2010 (for MDs)

A Guide to Living With Hypermobility
Syndrome: Bending without Breaking –Isobel
Knight w A. Hakim, 2010

Hypermobility Syndrome: Diagnosis and
Management for Physiotherapists, 1e – Keer &
Grahame, 2003