



PREMIUM EDUCATION SERIES | RESOURCE 13

Hypermobility and Joint Instability

CONDITIONS

MOORE THAN ARTHRITIS | PRACTICAL, TRUSTED, PERSON-CENTRED

What this guide is about

Joint hypermobility means some joints move beyond the usual range. It may cause no problems, but instability, pain, fatigue or repeated injury can benefit from specialist assessment.

Practical next steps

- Notice the pattern: affected areas, timing and how long stiffness lasts.
- Ask what diagnosis is being considered and what treatment aims to achieve.
- Keep moving within a tolerable range; ask about therapy support if needed.
- Seek prompt advice for a hot swollen joint, fever, sudden eye symptoms or rapid decline.

KEEP THE WHOLE PERSON IN VIEW

This resource supports informed conversations. It does not diagnose, replace personalised medical advice or create legal advice.

Trusted starting points

NHS - Arthritis information: [nhs.uk/conditions/arthritis](https://www.nhs.uk/conditions/arthritis)

Arthritis UK - Information and support: [arthritis-uk.org](https://www.arthritis-uk.org)