

TWO MINUTE

# HYPERMOBILE

TOOLBOX



# FINGERS

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## What are hypermobile fingers?

Hypermobile joints are unusually flexible, or bendy. Children with loose, flexible joints are sometimes called 'double jointed'. Most cases of abnormally bendy finger joints cause no problems and do not require any treatment, but sometimes the affected joints can be painful, or make it difficult to grip a pencil or manage buttons.

Affected joints are at greater risk of injury, such as dislocation, and other soft tissue injuries. Medical help must be sought for any injuries.



## Managing Joint Pain

Joint pain may be helped by a range of gentle exercises to strengthen the muscles surrounding the joint, however these should be undertaken under the supervision of an occupational therapist or paediatric physiotherapist. If your child has joint pain related to hypermobility, please inform your child's teacher, so that PE staff may be made aware and

make adjustments to your child's activities during PE lessons, as recommended by the medical professional managing your child's condition.

## **Managing Writing Problems**

If your child has very bendy fingers, the traditional tripod grip taught in school may prove impossible to achieve, and your child's handwriting may be at least untidy. Please ensure that the class teacher is kept up to date with any ongoing physiotherapy, and if special pencil grips or other apparatus are recommended, you will need to source them and supply them for your child's use.

Muscles have to work very much harder when joints are hypermobile, so your child is likely to be tired at the end of the day, and may suffer pains at night, which improve after resting. If this is the case with your child, you will need to meet with the teacher to discuss the writing demands of school and homework tasks, so that writing demands are limited until your child has developed the small muscle strength to cope with longer writing tasks.

