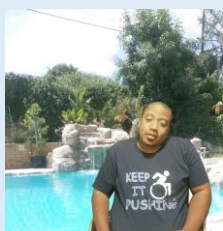


KEEP IT PUSHING

September Awareness Spotlight Hypermobility Spectrum Disorder



My name is Gilbert J. I am an American blog writer from Los Angeles, California. Born with Spina Bifida, I've always wanted to use my life challenges to help and inspire others who have shared similar experiences.

Everything I have been through and all the personal knowledge I've gained, I can share with others. My motivation in launching this blog is that it'll make the process a little easier for the next person. By highlighting adaptable products and available resources, **Keep It Pushing** e-newsletter is your virtual buddy for quality information.



DID YOU KNOW?

HSD vs. hEDS:

Hypermobility Spectrum Disorder is *not* the same as hypermobile Ehlers-Danlos Syndrome, though they share symptoms.

It's September! This month I'm writing about something that doesn't get nearly enough attention: **HSD**, otherwise known as **Hypermobility Spectrum Disorder**. HSD is defined as having a significantly greater-than-average range of mobility in the joints. Sounds flexible, right? But it's not all yoga poses and party tricks

Women are about **three times more likely** to be diagnosed with it. Research speculates that biological factors like female sex hormones might play a role, but I haven't found any concrete evidence explaining why the diagnosis gap is so wide.

Up to **1 in 10 people**—roughly **10% of the population**—have some form of HSD. And because it's a spectrum, it doesn't look the same in everyone. The degree of joint mobility varies from person to person, so it's not a one-size-fits-all situation.

Treatment centers for HSD are all over California—Los Angeles, Santa Monica, Berkeley, San Jose, Orange County, Sacramento—and probably across the country too. Treatments focus on:

- Avoiding symptom-aggravating activities
- Practicing good posture
- Low-impact exercise
- Managing stress and sleep

There's no known cure or medication—just symptom management. Thankfully, HSD is often manageable, although it can be debilitating for some. Chronic pain, fatigue, and even autonomic dysfunction (like dizziness or heart rate issues) are common in more severe cases. In rare cases, extreme joint mobility might raise the risk of injuries like rolled ankles or shoulder/knee issues, but that depends on how unstable the joints are.

Well, that's pretty much all the info I've got for you on HSD. I'll be back next month with a new topic to explore. Until then, this is **Gilbert J** with **KeepItPushing.org**—see you next time.