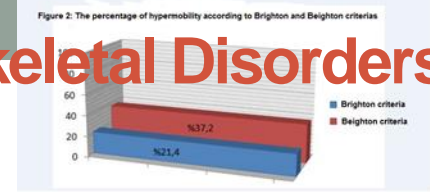


# The Effect of Hypermobility on Musculoskeletal Disorders in Young Adults



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**Objective:** The aim of this study is to investigate the frequency of hypermobility and to analyze the relationship with musculoskeletal disorders in healthy individuals between 18-25 years.

**Materials-Methods:** A total of 196 individuals with no known musculoskeletal problems were included. Patients were evaluated according to the Beighton and Brighton hypermobility criteria. Individuals were questioned about their head, neck, back, waist and peripheral joint pain frequency and intensity. Presence of pes planus and subluxation of the jaw were investigated. 18 tender point assessment for fibromyalgia was done for each individual.

**Results:** 196 individuals (109 women / 94 men) were evaluated. Mean age was  $22.2 \pm 1.43$  years (Fig. 1). Hypermobility was detected in 73 patients (37.2%) according to Beighton criteria, and in 42 patients (21.4%) according to Brighton criteria (Fig. 2). There was statistically significant correlation between Brighton and Beighton criteria ( $p < 0.0001$ ). According to the tender point examination 5 people were diagnosed with fibromyalgia. There was no statistically significant correlation between hypermobility and fibromyalgia ( $p < 0.307$ ). 42 people revealed varying degrees of pes planus at the foot examination. There was no statistically significant correlation between hypermobility and pes planus ( $p < 0.216$ ). There was no statistically significant correlation between hypermobility and subluxation of the jaw, head, neck, back, waist and peripheral joint pain frequency and severity.

**Conclusion:** Hypermobility can be seen in 5-15% of healthy individuals without any symptoms or with chronic pain complaints. In our study hypermobility frequency is detected as 37.2% in young adults, which is higher than general population. Late onset of musculoskeletal disorders and young age of our study group may explain the lack of correlation between musculoskeletal disorders and hypermobility.