



Hypermobility Inventory

This inventory is not a diagnostic tool and should not be used to diagnose anyone with Generalized Hypermobility Spectrum Disorder (HSD) or Ehlers Danlos Syndrome (EDS). In addition to this inventory you might use the Beighton Score for more data.

Check the box if your answer is “YES”

- Do you have generalized, chronic, pain or tightness in your body? Could be all over or localized to certain places (ex. Hips, shoulders, feet).
- Do you find it difficult to sit in chairs? Maybe you have to shift around a lot and can't find a comfortable position.
- Has anyone ever told you that you have very soft skin?
- Do you tend to bruise easily or find bruises on your body and not remember how you got them?
- Do you feel that you are clumsy or struggle with balance? Do you tend to run into doorways or have difficulty catching objects that are thrown toward you?
- Does walking feel easier than standing still? i.e. Does standing still make you feel more tired or restless than walking?
- When you wash dishes do you lean your body against the counter?
- Do you live with anxiety, depression, or both?
- Have you ever dislocated a bone in your body?
- Does your jaw pop or feel like it doesn't track sometimes? Or do you have TMJ/jaw clenching/jaw pain?

- Have you ever been diagnosed with Autism, ADHD, or Sensory Processing Sensitivity?
 - Do you struggle with gut issues? Diarrhea or constipation?
 - Do you feel so tired that you need to lay down during the day even if you got enough sleep?
 - Do you ever feel dizzy or lightheaded?
 - Do you get frequent headaches?
 - In your pre-teen or teen years, did you perform any “party tricks” with your body like bending your elbows in a weird way or doing a split?
-

If you answered “YES” to three or more of the questions above you *may* have HSD or EDS. You should talk to your healthcare provider for more information. Unfortunately many healthcare providers do not recognize the fullness of HSD or EDS. If you do not feel validated by your provider it is recommended that you seek a second opinion from an HSD or EDS specialist.