Therapeutic management of pediatric hypermobility spectrum disorder.

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Cincinnati Children's Hospital Medical Center (CCHMC)

Cincinnati Children's Hospital Medical Center. Therapeutic management of pediatric hypermobility spectrum disorder. Cincinnati (OH): Cincinnati Children's Hospital Medical Center; 2025 Oct 3. 45 p.

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Overview

Guideline Objective

To provide a comprehensive, evidence-based resource for clinicians and therapists for the therapeutic management of joint hypermobility (JH) and hypermobility spectrum disorder (HSD), including hypermobile Ehlers-Danlos syndrome (hEDS)

Patient Population

Children and adolescents 5 to 21 years of age with JH or with a family history of JH

Recommendations

Recommendation Statements

Major interventions covered in this guideline include:

- Involvement of multidisciplinary team, including physical/occupational therapy and pain medicine
- Patient and family education
- Considerations for therapeutic interventions, including patient-centered goals, home exercise programs, modification of exercises, and frequency of therapy
- Considerations for safe participation in sports
- Use of orthotics
- Referral to specialists

Note: Full recommendation statements have not been provided because this guideline does not meet EGT's systematic review of the evidence criteria. Refer to the original guideline for more information.

Evidence Rating Scheme

Refer to the original guideline documentation for more information.

Recommendation Rating Scheme

Refer to the original guideline documentation for more information.

Related Content

Supporting Documents

- Table of Evidence Levels: Levels of Individual Studies by Domain, Study Design, & Quality; 2012 Mar 26.
- Grading the Body of Evidence; 2017 Mar 9.
- Judging the Strength of a Recommendation; 2017 Apr 13.

- Evidence-Based Care Guideline Development Process Manual 7th Edition; 2015 Apr 27.

Implementation Tools

No implementation tools available.

Patient Education

No patient education materials available.

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