

Beyond Flexibility

These symptoms may be linked to your body type and the hypermobility you were born with.

Body (Musculoskeletal)



Are you naturally very flexible?

Do you suffer from unexplained pain or growing pains, double-jointedness, joint instability or dislocations?



Are you prone to injuries, bruising easily, and do you have scarring that does not disappear completely?

Are you affected by muscle weakness and deconditioning after a break?

Do you have underdeveloped muscle tone or fluid retention in the limbs and fingers?



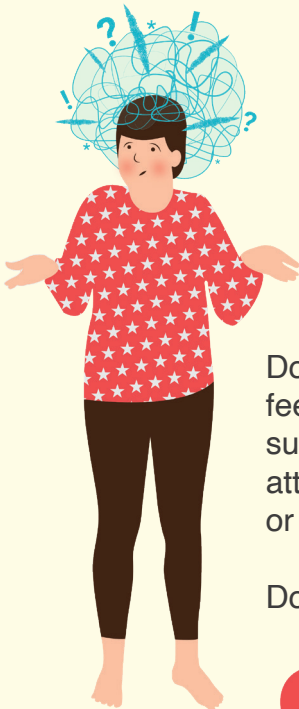
Mind

Do you struggle to remember information (e.g., directions or choreography)?

Do you think you have different learning needs, or does it take you longer than your peers to learn new material?

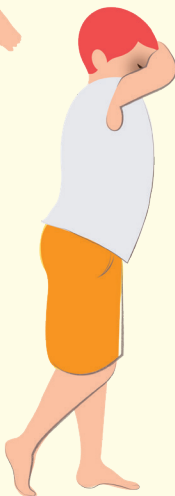
Do you have a diagnosis for ASD, ADHD or Dyspraxia?

Do you suffer from unexplained fatigue/burnout, lethargy, or brain fog?

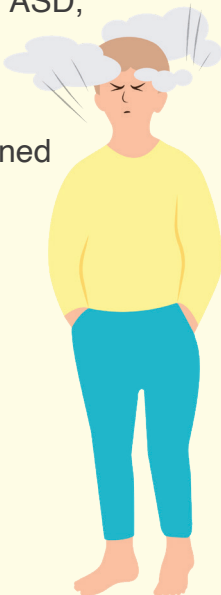


Do you often feel overwhelmed, suffer from panic attacks, feeling down or stressed?

Do you feel detached?



Do you suffer from poor or disturbed sleep?



Body (other/regulation)

Do you suffer from dizziness when you change body orientation (e.g., high to low)?

Do you get palpitations or unexplained excess sweating?



Do you sometimes suffer from unexpected needs to go to the toilet?

Do you suffer from, pelvic pain, unexplained tummy/gut issues, or have you ever had a hernia?



Are you ever called clumsy or un-coordinated outside of the studio?

Do you have a heightened sensitivity to what is happening inside your body (e.g., heartbeat, digestion, etc.)?



If you would like to find out more, please scan the QR code.



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