

Bristol & Bath guidelines for management of adults with isolated musculoskeletal hypermobility

Aim of this guideline

- To help clinicians decide on the most appropriate management of symptoms in adults with isolated musculoskeletal hypermobility
- It is not designed to help clinicians decide whether an adult with musculoskeletal hypermobility requires further investigations or onward referral for identification of an underlying collagen abnormality. For these, please consult the current version of the [Bristol & Bath guidelines for onward investigation/referral for adults with musculoskeletal hypermobility](#)

SYMPTOMS

IMMEDIATE RECOMMENDATIONS

REFERRALS FOR ONGOING MANAGEMENT

