Some symptoms associated with EDS Type III (same as BJHS, JHS, HMS per Grahame, Keer 2003)

*See [http://www.reumatologia-dr-bravo.cl](http://www.reumatologia-dr-bravo.cl) for the first 6 on left:

- Bendy joints/bird hands *
- Duck's or "Farmer's" (crookneck) thumbs *
- Stretchy skin (elephant sign) *
- Lax scribe sign (writing) *
- Square shoulders *
- Anti-mongoloid eyes *
- Joint pain/arthritis w/o swelling
- Crossed eyes, wandering eyes (strabismus)
- Bruxism (teeth grinding, jaw lock)
- TMJ
- Twitching eyelids/elsewhere (muscles)
- Salt craving (adrenal fatigue)
- Anxiety
- Depression & depressive disorders
- Subluxed or dislocated joint(s)
- Aortic aneurysm(AA)
- Heart palpitations/tachycardia
- Low BP/variable BP (POTS)
- Poor temp regulation (run "cold")
- Fatigue
- Fibromyalgia (even subclinical)
- Poor/slow digestion/emptying, dysphagia
- Constipation/bloating
- IBS (wet, dry or mix)/gas
- Scoliosis
- Spinal Stenosis (narrowing of s. column)
- Arthritis (osteo, esp in neck, back and hands)
- Trouble Swallowing
- Pelvic prolapses (uterus, bladder,etc.)
- Hemorrhoids / rectal prolapse
- Diverticulitis
- Large colon (distension, mega colon)
- Reynaud's phenomenon (blue fingers/toes)
- Prolapsed/herniated discs (spine)
- Ganglion cysts (or Baker's cysts on knees)
- Cerebro-spinal("brain juice") headaches
- Photophobia (light sensitivity)
- Thinskin/tear or bruise easily
- Soft teeth/prone to dental caries, breaking
- Fragile gums/bleed easily even w reg hyg.
- Small jaw, crowded teeth, even w small teeth
- Trouble healing wounds/sutures, bleeding
- Macular Degeneration
- Fallen or very high arches (feet)
- Deviated septum/septum surgery for issues
- Trouble with suturing soft inner tissues

- Myopia
- Velvety skin
- Congestive heart failure
- Migraines
- Thyroid issues (high or low)
- Low blood sugar, freq. hunger, early satiet
- Neck strain, and cervical instability
- Incontinence (any kind)
- Glaucoma
- Osteopoenia or osteoporosis
- Problems w bleeding or wound healing
- Sensory processing disorder(s) (startle easily)
- Sensitivity in general, cry easily (or a lot)
- Bone spurs
- Lots of allergies and sensitivities (esp gluten)
- Super “flexible” or double jointed historically
- Hernias (discs or abdominal)
- Spondylolisthesis, other spinal issues

See more info at:

[http://www.reumatologia-dr-bravo.cl](http://www.reumatologia-dr-bravo.cl)
[http://ehlers-danlos.org](http://ehlers-danlos.org)
[http://hypermobility.org](http://hypermobility.org)
[http://medicalzebras.com](http://medicalzebras.com)
[http://prettyill.com](http://prettyill.com)
[http://ednf.org](http://ednf.org)

Recommended books:


- Hypermobility, Fibromyalgia and Chronic Pain, 1e – Hakim, Keer and Grahame, 2010 (for MDs)


- Hypermobility Syndrome: Diagnosis and Management for Physiotherapists, 1e – Keer & Grahame, 2003