


Were you good at sports at school?		
Were you ever described as 'clumsy'?		
Did you have poor ball-catching skills?		
Did you have 'growing pains' when you were young?		
Does it ever hurt to write?		
Does it hurt to stand for a long time?		
Have you ever taken the (progesterone) contraceptive pill and experienced increased pain?		
Swollen ankles (oedema), especially in heat?		
Do you have an inferior lingual frenulum and lingual frenulum?	<p><b>Inferior lingual frenulum/</b></p> <p><b>Lingual frenulum</b></p>	 <p>A B C D</p> <p>(A) Absence of the inferior labial frenulum in classical EDS;  (B) normal inferior labial frenulum is shown for comparison;  (C) absence of the lingual frenulum in hypermobility EDS;  (D) normal inferior lingual frenulum is shown for comparison.</p>
Can you touch your nose with your tongue (Gorlin sign)?		
Other.....		
		<p><b>Bibliography:</b></p> <p><i>Hypermobility, Fibromyalgia and Chronic Pain</i>, Eds A. Hakim, R. Keer, R. Grahame, Elsevier, 2010</p> <p><i>A Guide to Living with Hypermobility Syndrome</i>, Isobel Knight, Singing Dragon, 2011</p> <p><i>Joint Hypermobility Handbook. A Guide for the Issues &amp; Management of Ehlers-Danlos Syndrome Hypermobility Type and the Hypermobility Syndrome</i>, B.T. Tinkel et al, Left Paw Press, 2010</p>