Twitter Thread by Laurence Badgley

Laurence Badgley
@BadgleyLaurence

A video for people to test for hypermobility.

> the prevalence of dancers, gymnasts, and cheerleading is extremely high in the EDS community. :) I was, too. Here's a video, if you're interested, to test yourself with the Beighton scale: https://t.co/Klrh05MKM7
>
> — Christine Clifton (@NoShoutStandOut) November 29, 2020

An experience I have with patients who have stigmata of hypermobility is that I will comment on their widespread joint Hypermobility & their rejoinder commonly is, “of course I do Yoga”.

When patients tell me that my heart sinks. I was excited to tell them that I think that I have an explanation for several of their seemingly disparate symptoms in several of the dysautonomia & MCAS spheres.

Instead, disheartening disappointment takes over as I realize that their yoga devotion has now forestalled my ability to teach them about hypermobility & many attendant dysfunctions they suffer.

When I examine women with hypermobility I sometimes say, “you would be great in yoga”. Often they tell me, “well, that is why I can bend like this, it is because I take yoga”.

What I often wonder about as I talk to these women is whether they regard my observations as frivolous. I often think to myself, “do they know that innate hypermobility is what makes them good at yoga”. I have learned not to go there because of negative responses I have gotten.

So I tend to back off, change the subject, & go onto another line of medical inquiry. Same response I make when encountering a strict vegetarian who complains of overwhelming fatigue. Certain people have untouchable beliefs; noting these beliefs is oft bilaterally uncomfortable.

Fortunately for physicians, who revel in uncovering causes and solutions for desperate problems that people bring to us, most patients are open to hearing our frank & non-judgmental thoughts about their habits & ills.

Also fortunately for physicians political persuasions don’t seem to be etiologic for medical problems. If they were, I am sure that many a budding physician would seek another calling.