

Recommended

What science tells us is most likely to help

Diagnosis of hypermobility is based on a



Laboratory investigations and scans are not necessary to make the diagnosis.

Management plans should include:

Putting you in charge of your musculoskeletal health

Learning how to manage pain flares and set-backs. and acute minor injuries



Learning to manage fatigue and when short term rest (hours) is helpful Learning how to pace up movement, activity, and exercise at the right level for you

Helping you to identify goals and work towards them

Helping you to look after your mental wellbeing



Supporting healthy lifestyle habits

Building a supportive health care team around you

> It's okay to not be okay.

Evidence shows that it works to produce a positive effect

High value care is:



Effective

There is low risk of harm



Cost effective

Despite cost, the care provides benefit relative to other options

Low value care is:

Ineffective

Evidence shows that the care will provide no or very little benefit



Potentially harmful

The risk of harm is greater than any likely benefit



Not cost effective

If the care is unlikely to provide a benefit, the cost could be used on other care options

5 questions to ask your health care practitioner:

These are the recommended questions that you should ask your health professional/s about your neck pain to help you decide what the right

- What is the target of this treatment? (Pain, sleep, mood)?
- What are the risks and benefits of this treatment?
- How long do I stay on this treatment before we decide if it is working?
- What are the other options?
- What else could I be doing??

These questions help to make sure you end up with the right amount of care — not too much and not too little.

Not recommended

What science tells us is not likely to help and may cause harm

low value



For more info see

our pain condition

and management

modules.

food groups

-medications

 in the absence of active arthritis

(screenshot friendly)