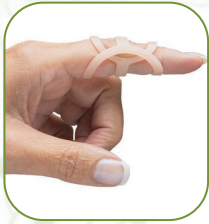


Helpful Hypermobility Equipment

This resource sheet outlines commonly used supports, tools, and referral pathways for individuals with hypermobility spectrum disorders, Ehlers-Danlos syndrome, or generalised joint hypermobility.



Hand Supports & Strengthening



Oval-8 Finger Splints

Prevents hyperextension of the fingers



Cando Digi-Extend N' Squeeze

Develops isolated finger strength and helps improve grip performance.



Theraputty

Theraputty is commonly used to improve grip and finger strength through graded resistance exercises.



Cando Digi-Extend

Strengthens finger extensors and supports balanced hand function.



Cando Ball Hand Exerciser

Colour-coded resistance levels help improve grip strength, dexterity, and hand coordination.



Rainbow Hand Exerciser

Portable resistance exerciser designed to improve grip strength and hand endurance.



Digi-Flex Thumb Exerciser

Exercises individual fingers and thumb, or compress the whole unit to strengthen the hand and forearm.



Compression Gloves

Compression gloves (e.g. iMAK Arthritis Gloves) may help with proprioception, joint support, and hand fatigue.



Finger Strengthening Devices

Variable resistance hand trainers can assist with grip endurance and control.



Gym & Exercise Support



Harbinger Pro Gloves

Supportive training gloves for grip and hand protection



AOF wrist straps

Supports hypermobile wrists during planks, push-ups, and other weight-bearing exercises.



Elbow support



Thermoskin Dynamic Compression Elbow Sleeve

Provides compression and support for hypermobile or painful elbows during everyday activities and exercise.



Knee Stability



Thermoskin 4-Way Compression Knee Sleeve

For patella instability or subluxation, supportive braces may assist with comfort and proprioception.



Footwear and Foot support



Archies Slides/Thongs

Orthotic thongs and slides with built-in arch support to improve foot alignment and reduce foot pain.



Injinji Toe Socks

Toe socks to help reduce blisters (from chilblains), improve breathability, keep toes warm, and provide arch support.



POTS & Dysautonomia



Compression socks for POTS

Compression garments (socks/stockings) may assist with symptoms of orthostatic intolerance.



Sleep & recovery



L-Shaped Body Pillow

Provides full-body support to improve sleeping comfort and reduce pressure on joints.



Pain relief & symptom management



Heatpack for neck & lower back pain relief (Wheat Bags Australia)

Provides soothing heat to help reduce muscle tension and stiffness in the neck and lower back.



Theramed gel pad

Cooling gel pad that draws heat away from the body for cooler, more comfortable sleep. Use under a pillowcase or on any area needing cooling relief.