

Hypermobility Helpers

(People Who Can Help)

This resource sheet outlines commonly recommended healthcare professionals and referral pathways for individuals with hypermobility spectrum disorders, Ehlers-Danlos syndrome, or generalised joint hypermobility.



Hand Therapy (Occupational Therapy)

Hand therapists can assist with splinting, strengthening programs, and joint protection strategies.

Nina Thompson

Macquarie Hand Therapy / Northern Beaches Hand Therapy

<https://handtherapy.com.au/team/nina-thompson/>



Foot & Ankle Support (Podiatry)

Podiatry input may assist with flat feet, ankle instability, pain, and orthotic prescription.

Recommended Clinicians (NSW)

- **Janelle Carr** (Parramatta)
- **Jessica Knox** (Redfern)



Cardiovascular / POTS / Dysautonomia

Some individuals with hypermobility experience dizziness, fatigue, and exercise intolerance linked to autonomic dysfunction.

Cardiology Referral (NSW Cardiology)

Dr Jason Kaplan

St Vincent's Private Hospital

<https://www.nswcardiology.com.au/>

Westmead Hospital (NSW Cardiology)

Offers tilt table testing.

Will need GP or specialist referral.



Paediatric supports

Dr Louise Tofts

Louise is an accredited rehabilitation physician and paediatrician holding Australian fellowships in both specialties and a Masters in Sports Medicine from The University of New South Wales. Louise currently practices at Kids Rehab the Children's Hospital at Westmead, Narrabeen Sports Medicine Centre and Delmar Private Hospital. Louise is actively involved in research into hypermobility.

Paediatric OT

Sharon and Louise Duff

at Clubhouse OT in Norwest for handwriting difficulties

Macquarie MQ Health Kids clinic

Speech therapy

TMJ specialists

**TMJ Clinic
North Sydney**