

Benign joint hypermobility (BJHS) and sensory processing sensitivity syndromes (SPSS): A survey of patients over 5 years: A case report

Charles L Blum

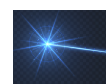
Objective: To review a survey of a specific subset of patients presenting to this clinic for chiropractic care. The subset [n=238] was represented by a group of patients assessed for benign joint hypermobility syndrome (BJHS) by responding in the affirmative to the Hakim et al questionnaire or determined by manual ranges of motion assessment.

Methods: A survey of patients (5-years) seeking care at a chiropractic clinic found that 20-30% of the patients presented with BJHS and of those patients questioned whether they had characteristics of sensory processing sensitivity syndrome (SPSS).

Results: 90% [n=213] of the BJHS patients reported they had SPSS characteristics, with 5% [n=11] not sure, and 5% [n=12] saying they did not. Due to this BJHS/SPSS relationship these patients were treated with chiropractic care that had a focused on stabilisation and given information on SPSS coping exercises.

Conclusion: Based on the finding of this survey an extensive survey of SPSS and BJHS patients is suggested to determine what degree of relationship might exist. Since the chiropractic profession has a tendency to view spinal imbalance as being a fixation, understanding BJHS and its implications (e.g. dysautonomia, SPSS, etc.) can be an important consideration.

Indexing terms: Chiropractic; benign joint hypermobility syndrome; sensory processing sensitivity syndrome; sacro-occipital technique.



Charles L Blum

DC

drcblum@aol.com

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