

## HYPERMOBILITY

*Tara Cameron, PT, DPT, CMTPT*

Have you ever been told you are Hypermobile? Double-Jointed? Hyper-flexible? Ever wonder what this means or how it can be related to the pain or difficulty you have been having? Then the Hypermobility class is for you!

The Hypermobility class will give a strong overview of what hypermobility is, how it is diagnosed, what co-morbidities are prevalent with hypermobility and how you can manage this diagnosis.

**Thursdays**  
**July 18<sup>th</sup>, 25<sup>th</sup>, August 1<sup>st</sup>**  
3-part series

### ARTHRITIS AND REHABILITATION THERAPY SERVICES

5454 Wisconsin Avenue  
Suite 620  
Chevy Chase, MD 20815  
5:30 p.m.

Registration is required. Call (240) 482-3680 to reserve your spot.

**COST: \$80 for series of 3 classes.**

\*To be paid in advance, non-refundable. COVID-19 Vaccination is required to attend.  
Masks will be optional.

Visit the Wellness Program at [www.washingtonarthritis.com](http://www.washingtonarthritis.com)