

WOULD YOU LIKE TO JOIN IN WITH A PROJECT ABOUT YOUR JOINTS?



You have been to see the doctor because you have something called 'Benign Joint Hypermobility Syndrome'. This means that you may be more bendy than your friends and your joints might hurt sometimes.

The people that look after you at the hospital are doing a research project to find out the best way of helping children like you who have extra bendy joints.

This leaflet will tell you all about the project.

You need to talk about the project with your parents and ask any questions that you want to before you decide if you want to join in.

What is the project about?

The project is trying to find out the best way to help children like you who have extra bendy joints.

Why have you asked me to join in with the project?

We have asked you because we are asking all children who have been to see a doctor at the hospital for help with their joints.

What will I have to do?

If you join in with this project we would like you to come to the hospital to see someone called a **PHYSIOTHERAPIST**. She will ask you some questions about your joints and take a look to see how bendy you are. She won't do anything that will hurt you.

You will see the **PHYSIOTHERAPIST** a few times and they may give you some exercises to do at home to make your joints stronger.

You may also see someone called an **OCCUPATIONAL THERAPIST** at your home to see if she can help with your joints. She and the **PHYSIOTHERAPIST** may speak to your school teacher to see if some things can be done to help there too.

Will anyone mind if I don't join in with the study?

No, nobody will mind. It is up to you and your parents to decide if you want to join in. If you don't want to join in, just tell your parents, you don't even need to give a reason.

What happens if I say I want to join in but change my mind later?

That's fine too. Just let someone know that you have changed your mind so that you can talk about it. If you still decide that you don't want to carry on being in the project, you can stop and nobody will be angry with you.



"THANK YOU!"