

LIGAMENTOUS LAXITY

You have been diagnosed as having general ligamentous laxity. This is a condition, in which ligaments which are structures that connect bones to bones are looser than normal. There are varying degrees of this situation and this condition can be related to many coexisting syndromes such as Ehlers-Danlos or Marfan's Syndrome. However, most often it is secondary to an inherited condition which is characterized by a moderate degree of ligamentous laxity which allows relatively normal function and function is hindered by excessive ranges of motion in joints which causes muscular strain in order to stabilize the joints.

Among what ligamentous laxity will predispose an individual to are: muscle fatigue problems, lower back problems later on, and in particular foot and ankle problems especially tendonitis and myositis which are characteristic of muscle breakdown in the area.

The reason that muscles breakdown in this situation is because they are trying desperately to stabilize the excessively lax joint and they have to work harder than normal.

Ligamentous laxity can be treated palliatively in most people with inserts, supportive devices, arch supports, orthosis, exercises, and special shoes and braces. In extreme cases occasionally surgery is the only alternative and surgery in these instances includes trying to stabilize a lax joint either with a plug or a staple or screw on occasion to try to keep motion within a normal range. It is important that you follow through with any exercise program, therapy program, bracing program, or even surgery that your doctor proposes because most of these are long-term situations that merit your attention and review over the course of the years.