

Hypermobility Referral Criteria – Marua Medical Centre

March 2026

Due to extreme demand and a severely constrained waitlist, our clinic is currently limiting assessments for hypermobility spectrum disorders. Referrals that do not meet the following criteria will be respectfully declined.

Required Clinical Information

- **Primary MSK Indication:** Referrals must clearly detail one or more significant musculoskeletal problems (e.g., recurrent dislocations/subluxations, severe musculoskeletal joint pain, or neuromusculoskeletal disorders) that have failed a trial of conservative management.
- **Documented Physical Examination:** The referral must document a physical exam, including a calculated Beighton score.
- **Preliminary Blood Tests:** Inflammatory markers within the last 12 months
- **Preliminary Imaging:** X-rays of the affected joints (ultrasound not required)
- **Past History:** Complete documentation related to previous private specialist records, surgeries, and investigations (if relevant). The clinic is able to access public records, these do not need to be sent through.

Not Accepted

- **Diagnostic Labelling Only:** referrals for diagnosis in patients with mild-to-moderate hypermobility who are otherwise managing with primary care and allied health support are not accepted.
- **Aortopathy:** If there is a high clinical suspicion of Vascular EDS (vEDS), Loeys-Dietz Syndrome (LDS), or Marfan Syndrome due to personal or family history of arterial/organ rupture, please refer directly to Clinical Genetics.
- **Non-MSK issues:** Referrals for assessment and management of non-MSK problems are *not* accepted (e.g. gastrointestinal complaints, urticaria, chronic fatigue, orthostatic intolerance, etc). Please refer to the appropriate relevant specialty.
- **Out of Area:** Referrals are not accepted for patients residing outside of the Auckland, Northland, and Waikato regions.