

The Beighton Score for Joint Hypermobility, pictorial



THE BEIGHTON SCORING SYSTEM

Measuring joint hypermobility

A. 5th FINGER / 'PINKIES'

Test **both sides**: Rest palm of the hand and forearm a **flat surface** with palm side down and fingers out straight.

Can the **fifth finger** be bent/lifted upwards at the knuckle to go back **beyond 90 degrees**?

If yes, add **one point** for each hand.



B. THUMBS

Test **both sides**: With the arm out straight, the palm facing down, and the wrist then fully bent downward, can the thumb be pushed back to touch the forearm?

If yes, add **one point** for each thumb.



D. KNEES

Test **both sides**: While standing, with knees locked (bent backwards as far as possible), does the lower part of either leg extend **more than 10 degrees forward**?

If yes, add **one point** for each side.



C. ELBOWS

Test **both sides**: With arms outstretched and palms facing upwards, does the elbow extend (bend too far) upwards **more than an extra 10 degrees** beyond a normal outstretched position?

If yes, add **one point** for each side.



E. SPINE

Bend forward, can you place the palms of your hands **flat on the floor in front of your feet** without bending your knees?

If yes, add **one point**.



<https://www.ehlers-danlos.com/assessing-joint-hypermobility/>

Hakim & Grahame Joint Hypermobility Questionnaire

1. Can you now (or could you ever) place your hands flat on the floor without bending your knees?
2. Can you now (or could you ever) bend your thumb to touch your forearm?
3. As a child, did you amuse your friends by contorting your body into strange shapes or could you do the splits?
4. As a child or teenager, did your shoulder or kneecap dislocate on more than one occasion?
5. Do you consider yourself double-jointed?

Hakim, A.J. and Grahame, R., 2003. A simple questionnaire to detect hypermobility: an adjunct to the assessment of patients with diffuse musculoskeletal pain. *International journal of clinical practice*, 57(3), pp.163-166.