

Beighton Score

PATIENT INFORMATION

Name:: _____ Date of birth:: _____ dd / mm / yyyy

Gender:: _____ Date of exam:: _____ dd / mm / yyyy

Examiner name:: _____

1. Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90° - Left

1 0

1. Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90° - Right

1 0

2. Passive apposition of the thumb to the flexor aspect of the forearm - Left

1 0

2. Passive apposition of the thumb to the flexor aspect of the forearm - Right

1 0

3. Passive hyperextension of the elbow beyond 10° - Left

1 0

3. Passive hyperextension of the elbow beyond 10° - Right

1 0

4. Passive hyperextension of the knee beyond 10° - Left

1 0

4. Passive hyperextension of the knee beyond 10° - Right

1 0

5. Active forward flexion of the trunk with knees fully extended, palms on floor

1 0

Total score:: _____

INTERPRETATION

Negative: No significant hypermobility.

Negative: No significant hypermobility.

Positive: Indications of hypermobility. Further evaluation may be necessary to assess for related conditions.

Additional notes - Specify below: