

Beighton Score

Name: _____

Date of birth: _____ Gender: _____

Date of exam: _____ Examiner name: _____

Equipment needed

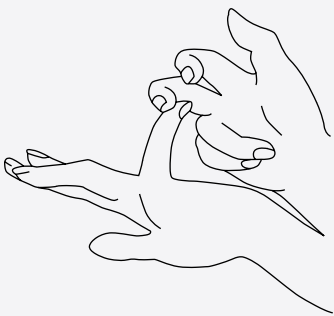

- Flat surface (for testing trunk flexibility)
- Table (for passive extension of fingers and thumbs)
- Goniometer (optional, for more precise measurement of joint angles)

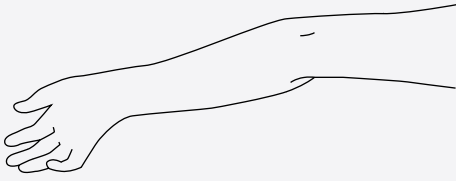
Instructions

This template is designed for clinical use to assess joint hypermobility. Follow these steps to administer the Beighton Score:

1. Explain the procedure to the patient, detailing each movement you will perform.
2. Perform the 5 maneuvers listed below. Four are passive and bilateral, and one is active and unilateral. For the bilateral maneuvers, score each side individually. Each side can score a maximum of 1 point, with a total of 2 points possible per maneuver for both sides. The active forward flexion maneuver is scored as 1 point if the patient can perform it or 0 if they cannot.
3. Record the results in the table provided, using the scoring guidelines for each maneuver.
4. Interpret the score based on the total score out of 9. A score of 4 or higher indicates generalized joint hypermobility, although some researchers recommend thresholds of 5 or 6 points depending on clinical judgment.

Test components

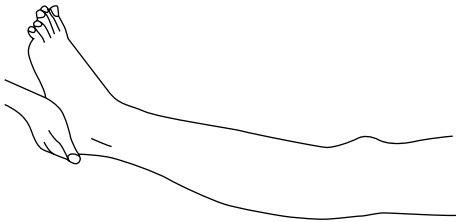
Maneuver	Left (score)		Right (score)	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
1. Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90°.	1	0	1	0
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. Passive apposition of the thumb to the flexor aspect of the forearm.	1	0	1	0

Maneuver**Left (score)****Right (score)**

3. Passive hyperextension of the elbow beyond 10°.

1 0

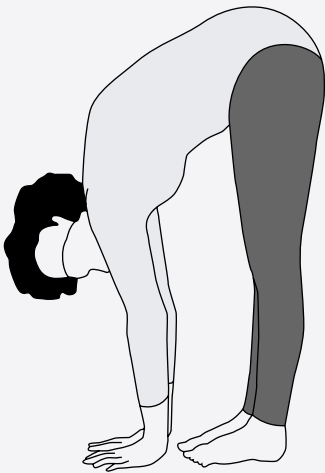
1 0



4. Passive hyperextension of the knee beyond 10°.

1 0

1 0



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

1 0

Reference: The Ehlers-Danlos Society. (2017). *The Beighton Score*. <https://www.ehlers-danlos.com/wp-content/uploads/2017/03/Beighton-Score-2017.pdf>

Total score: _____

Interpretation

- Negative:** No significant hypermobility.
- Positive:** Indications of hypermobility. Further evaluation may be necessary to assess for related conditions.

Age- and sex-specific Beighton cut-off scores based on the uppermost 5% should be utilized.

Age group	Male	Female
3-7	≥ 5	≥ 6
8-39	≥ 4	≥ 5
40-59	≥ 3	≥ 4
60-69	≥ 2	≥ 3
70+		≥ 2

Additional notes

References

Singh, H., McKay, M., Baldwin, J., Nicholson, L., Chan, C., Burns, J., & Hiller, C. E. (2017). Beighton scores and cut-offs across the lifespan: cross-sectional study of an Australian population. *Rheumatology*, *56*(11), 1857–1864. <https://doi.org/10.1093/rheumatology/kex043>

Smits-Engelsman, B., Klerks, M., & Kirby, A. (2011). Beighton score: A valid measure for generalized hypermobility in children. *The Journal of Pediatrics*, *158*(1), 119-123.e4. <https://doi.org/10.1016/j.jpeds.2010.07.021>