Beighton Score

Name:	me:		
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)

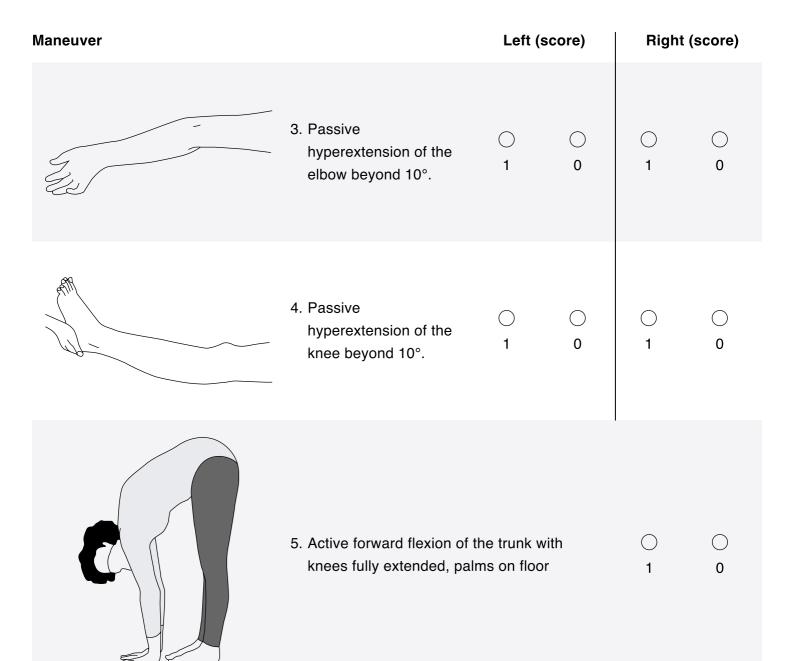
Instructions

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)
	 Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90°. 	O O 1 0	O O 1 0
	 Passive apposition of the thumb to the flexor aspect of the forearm. 	O O 1 0	O O 1 0



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

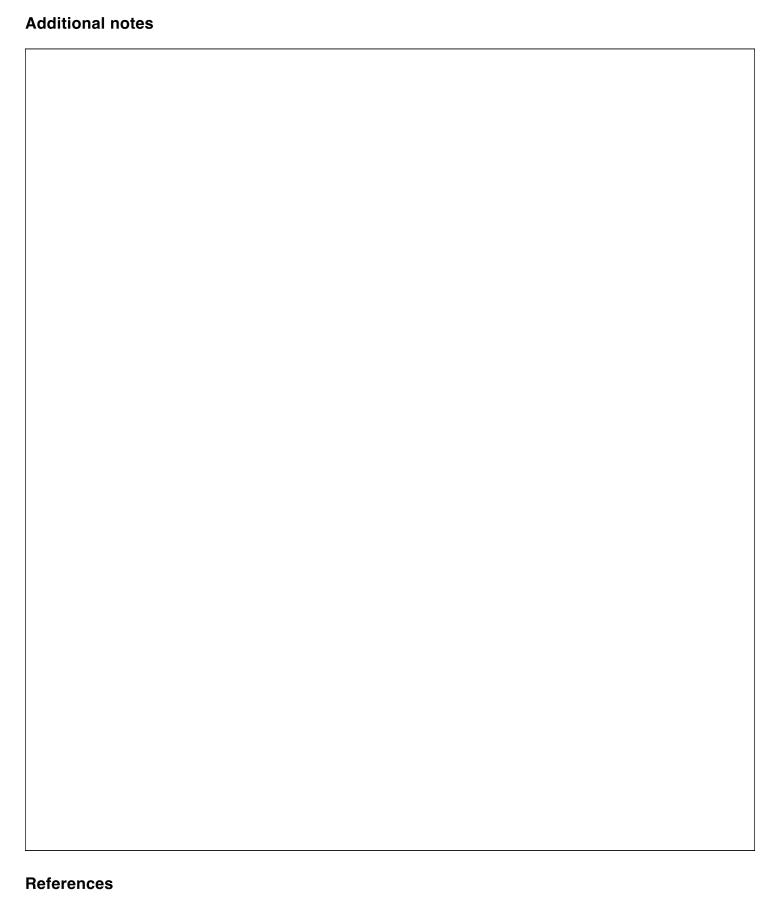
Total score: _____

Interpretation

- O **Negative:** No significant hypermobility.
- O **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



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