THE BEIGHTON SCORE
How to Assess Joint Hypermobility

A numerical mobility score of 0 to 9, one point allocated for the ability to perform each of the following tests:

- Pull little finger back beyond 90° (one point for each side)
- Pull thumb back to touch forearm (one point for each side)
- Bend elbow backwards beyond 10° (one point for each side)
- Bend knee backwards beyond 10° (one point for each side)
- Lie hands flat on floor while keeping knees straight and bending forward at waist

A positive Beighton score for adults is 5 out of the 9 possible points; for children, a positive score is at least 6 out of 9 points.

As joint mobility is known to decrease by age for adults, include historical information by asking, “Can you now or have you previously been able to...”