



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)



Bend knee backwards beyond 10°
(one point for each side)



Pull thumb back to touch forearm
(one point for each side)



Lie hands flat on floor while keeping knees straight and bending forward at waist



Bend elbow backwards beyond 10°
(one point for each side)

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..."