**Lumbar Spine Physical Exam Tests**

**Name: Beighton Score for General Hypermobility**

**Domain:** Hypermobility of multiple joints

**Description:**

The Beighton score is a screening technique for hypermobility. The Beighton score measures joint hypermobility on a 9-point scale and requires the performance of five maneuvers: four passive bilateral movements and one active unilateral movement.



Figure 1. Beighton Score for General Hypermobility Test

**Video:** \_X\_\_ Yes \_\_\_\_\_No

https://www.youtube.com/watch?v=rmrjZKskW70

**Equipment Required/Set-up:** None

**Procedure/Script:**

**For each of the following tests, first demonstrate and then have participant perform the test. All tests should be performed while standing; test both left and right sides, except for spine test.**

**After each demonstration, ask the participant, “***Do you think you can perform this test?”* **If** *“Yes,*” **complete the test and proceed to the next joint.**

**1. 5th FINGER/‘PINKIES’**

Rest palm of the hand and forearm on a flat surface with palm side down and fingers out straight. Can the fifth finger be bent/lifted upward at the knuckle to go back beyond 90 degrees? If yes, **add one point for each hand.**

**2. KNEES**

While standing, with knees locked (bent backwards as far as possible), does the PT notice any hyperextension in either knee? If yes, **add one point for each side**.

**3. ELBOWS**

With arms outstretched and palms facing upwards, does the elbow extend (bend too far) upwards more than an extra 10 degrees beyond a normal outstretched position? If yes, **add one point for each side.**

**4. THUMBS**

With the arm out straight, the palm facing down, and the wrist then fully bent downward, can the thumb be pushed back to touch the forearm? If yes, **add one point for each thumb.**

**5. SPINE**

Can participant bend forward and place the palms of the hands flat on the floor in front of your feet without bending your knees? **If yes, add one point.**

*Please see next page for scoring.*

**Beighton Score for General Mobility Scoring**

**Was test attempted?** \_1. Yes \_0. No.

**Record results:**

1. Passive hypertension of the fifth MCP joint beyond 90 degrees

Left \_1. Yes \_0. No. Right\_1. Yes \_0. No.

2. Passive hyperextension of the knee beyond 10 degrees

Left \_1. Yes \_0. No. Right\_1. Yes \_0. No.

3. Passive hyperextension of the elbow beyond 10 degrees

Left \_1. Yes \_0. No. Right\_1. Yes \_0. No.

4. Passive apposition of the thumb to the flexor aspect of the forearm

Left \_1. Yes \_0. No. Right\_1. Yes \_0. No.

5. Active forward flexion of the trunk with the knees fully extended so that the palms of the hands rest flat on the floor

Left \_1. Yes \_0. No. Right\_1. Yes \_0. No.

**TOTAL score**: \_\_\_\_\_\_ (sum of ‘Yes’ responses calculated electronically)

**Comments:**

Date (mm/dd/yyyy):

Visit Time Point:

Initials of completer:

**References:**

Juul-Kristensen B, Schmedling K, Rombaut L, Lund H, Engelbert RH. Measurement properties of clinical assessment methods for classifying generalized joint hypermobility-A systematic review. *American Journal of Medical Genetics Part C, Seminars in Medical Genetics.* 2017;175(1):116-147.

Kyndall L. Boyle; Philip Witt; Cheryl Riegger-Krugh. Intrarater and Interrater Reliability of the Beighton and Horan Joint Mobility Index. *Journal of Athletic Training,* 2003;38(4), 281-285.