**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.

Composite photo showing the five maneuvers of the Beighton screening technique for hypermobility: 1.Rest palm of the hand and forearm on a flat surface with palm side down and fingers out straight. The fifth finge is then bent/lifted upward at the knuckle. 2.standing, with knees locked (bent backwards as far as possible) 3. arms outstretched and palms facing upwards 4. arm out straight, the palm facing down, and the wrist then fully bent downward 5. the participant bends forward and places the palms of the hands flat on the floor in front of them


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.