



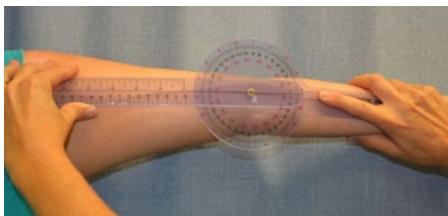
Give 1 point for each knee that hyperextends $>10^\circ$



Give 1 point if the patient can place whole palm on the floor (knees straight)



Give 1 point for each fifth MCP joint that hyperextends $>90^\circ$ (not achieved in this image)



Give 1 point for each elbow that hyperextends $>10^\circ$



Give 1 point for each thumb that can touch the anterior aspect of the forearm

Beighton score cut-offs for GJH: 3–7 years (≥ 5 for males, ≥ 6 for females); 8–18 years (≥ 4 for males, ≥ 5 for females)¹

Figure 1. The five tests that comprise the Beighton score, and cut-off scores for determining generalised joint hypermobility (GJH).¹ If the joint easily meets the relevant criterion on visual inspection (eg the right elbow hyperextends well past 10°), there is no need to use a goniometer. One point is allocated if the joint exceeds the criterion noted in the figure. Adding the scores from both knees, elbows, fifth metacarpophalangeal (MCP) joints, thumbs and the palms to floor tests, the maximum score is 9.