

# Beighton Score

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Instructions

Perform the following assessment maneuvers to evaluate joint hypermobility using the Beighton scoring system. Calculate the total Beighton score and use the Finding section to record your findings and results.

## Equipment Needed

- Ruler or measuring tape
- Chair or flat surface for the individual being evaluated to sit or lie down

## Assessment Maneuvers

### 1. Fingers

- Instruct the individual to extend their pinky fingers backward beyond 90 degrees. Repeat for both hands.
- Score 1 point for each hand if the pinky finger extends beyond 90 degrees.

### 2. Thumbs

- Ask the individual to bend their thumbs backward towards their wrists. Repeat for both hands.
- Score 1 point for each hand if the thumb touches the forearm.

### 3. Elbows

- Have the individual straighten their arms and extend their elbows backward beyond 10 degrees.
- Score 1 point for each elbow that hyperextends beyond 10 degrees.

### 4. Knees

- Instruct the individual to bend their knees backward beyond 10 degrees. Ensure their feet are flat on the ground.
- Score 1 point for each knee that hyperextends beyond 10 degrees.

### 5. Flexibility

- Assess the individual's ability to touch their palms to the floor with straight legs and knees.
- Score 1 point if the individual can touch their palms to the floor.

Total Points:            out of 9

### **Interpretation**

A Beighton score of 5 or more out of 9 points is indicative of generalized joint hypermobility.

### **Findings**

### **Additional Notes**