

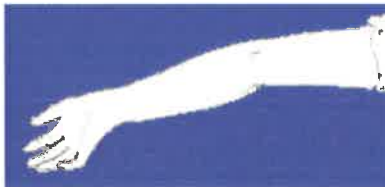




Beighton Score Hypermobility Syndrome	Patient Handout
Description	
<ul style="list-style-type: none">• If greater than 5 points = hypermobile.• Will need stronger proliferatives• Will need more time to heal and will need more treatments- typically 6-8 treatments• If person is less that 25 and hypermobile they will respond well• The Beighton modification of the Carter & Wilkinson scoring system has been used for many years as an indicator of widespread hypermobility. A high Beighton score by itself does not mean that an individual has HMS. It simply means that the individual has widespread hypermobility. Diagnosis of Hypermobility Syndrome or HMS should be made using the Brighton Criteria. <p>The Beighton score is calculated as follows:</p> <p>Score one point if you can bend and place you hands flat on the floor without bending you knees. This can be at any time on your life</p>  <p>Score one point for each knee that will bend backwards.</p> 	

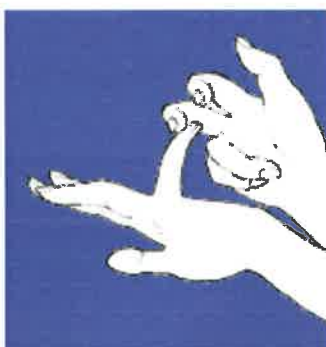
Score one point for each elbow that will bend backwards.



Score one point for each thumb that will bend backwards to touch the forearm.



Score one point for each hand when you can bend the little finger back beyond 90°.



- If you are able to perform all of above maneuvers then you have a maximum score of 9 points.

Reference

- Hypermobility Syndrome Association