

INDICATION

A screening technique for hypermobility.

ADDITIONAL INFORMATION

Limitations are that this is an all or nothing scoring system and does not identify the degree of hypermobility.

Only a few joints are examined and so some hypermobility syndromes may be overlooked

INTERPRETATION

SCORE	INTERPRETATION
0.-3	Normal
4-9	Generalised hypermobility / laxity

CALCULATION

Total score = sum of scores for each question

TEST MOVEMENT	SCORE	
	Left	Right
A Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90°	1	1
B Passive apposition of the thumb to the flexor aspect of the forearm	1	1
C Passive hyperextension of the elbow beyond 10°	1	1
D Passive hyperextension of the knee beyond 10°	1	1
E Active forward flexion of the trunk with the knees fully extended so that the palms of the hands rest flat on the floor	1	1

