

EHLERS-DANLOS SYNDROME

(GJH – Generalised Joint Hypermobility - is asymptomatic and causes no pain
EDS or JHS – Joint Hypermobility Syndrome - is symptomatic and causes pain)

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Section 1

Can you (or could you ever) ... circle as appropriate

Your score out of 9:

Beighton Scale (A diagnostic tool)

The Beighton score

Beighton's modification of the Carter and Wilkinson scoring system. Give yourself 1 point for each of the manoeuvres you can do, up to a maximum of 9 points.

	SCORE	
	Left	Right
1. Can you put your hands flat on the floor with your knees straight?	1	
2. Can you bend your elbow backwards?	1	1
3. Can you bend your knee backwards?	1	1
4. Can you bend your thumb back on to the front of your forearm?	1	1
5. Can you bend your little finger up at 90° (right angles) to the back of your hand? ...	1	1
	9	

	Circle as appropriate		
Can you (or could you ever) ...	One/Both hands	(a) push your thumb under the other fingers?	
	One/Both hands	(b) touch thumb and little finger round your wrist?	
Section 2	✓/✗	Medical background Details....	
Were you born with any congenital abnormalities?			