

Beighton Test

One point if you can place your palms on the ground while standing with your legs straight



Beighton Test

One point for each elbow that bends backwards



Beighton Test

One point for each knee that bends backwards



Beighton Test

One point for each thumb that touches the forearm when bent backwards



Beighton Test

One point for each little finger that bends backwards 90 degrees or beyond



Beighton Test

What's your score?



score of four or more (either now or in the past) and/or joint pain for longer than three months in four or more joints?

You may be hypermobile. . .