

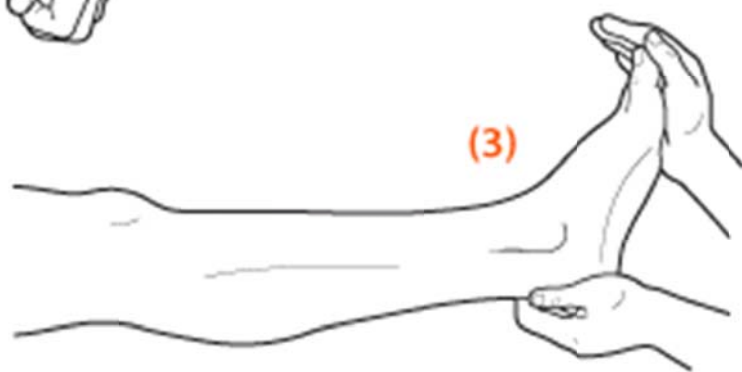
(1)



(4)



(2)



(3)



(5)

## 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     |

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