Assessment of joint hypermobility

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Increased movement and flexibility of a joint can often cause joint pain and symptoms of instability . A formal assessment of joint mobility can help document the degree of mobility . The Beighton score alone cannot be used to diagnose hyper- mobility in terms of its underlying causes; however, it acts as a standardised clinical assessment across both upper and lower limbs and the spine. The Beighton score is calculated as follows (Figure 35.1 /uni25CF 1 point if, while standing forward bending, the patient can place their palms on the ground with legs straight; /uni25CF 1 point for each elbow that bends backwards; /uni25CF 1 point for each knee that bends backwards; /uni25CF 1 point for each thumb that touches the forearm when bent backwards; /uni25CF 1 point for each little finger that bends backwards beyond 90°; /uni25CF total score out of 9. Summary box 35.2 MSK examination /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF /uni25CF Peter H Beighton , b. 1934, British medical geneticist. With Francis T Horan published ‘Orthopedic aspects of the Ehler): s-Danlos syndrome’ in 1969.

Hand hygiene and chaperone presence Introduce yourself and put the patient at ease Assess the gait Look Feel Move Special tests Neurological examination Pulses Motor Re /f_l ex Deltoid Biceps Wrist extension Brachioradialis Triceps Triceps Finger /f_l exors – Interossei – Psoas – Quadriceps – Quadriceps – Tibialis anterior Knee jerk – Gastrocnemius/perineals Achilles Bladder and foot intrinsics – A numerical mobility score of 0 to 9, 1 point allocated for the ability to perform each of the following tests: Pull little /f_i nger back Left _____ beyond 90° (1 point Right _____ for each side) Left _____ Pull thumb back to touch forearm (1 Right _____ point for each side) Bend elbow Left _____ backwards beyond Right _____ 10° (1 point for each side) Left _____ Bend knee backwards beyond Right _____ 10° (1 point for each side) Left _____ Lie hands on the Right _____ /f_l oor while keeping knees straight and bending forward at waist Total _____ Figure 35.1 Beighton score (a screening technique for hypermobility).

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