



Hypermobility is very common in presentations of chronic pain and / or multisystem issues. The Bodyfit Physio team is well placed to manage your complex clients, please screen them for hypermobility

**Positive Beighton score: adults  $\geq 5/9$ ; paediatrics  $\geq 6/9$ ;  $>50y \geq 4/9$**

Scoring:	Left	Right
Can you bend your little finger back (at a 90° angle) to the back of your hand?	/1	/1
Can you bend your thumb back onto the front of your forearm?	/1	/1
Can you bend your elbow backwards?	/1	/1
Can you bend your knee backwards?	/1	/1
Can you put your hands flat on the ground with knees straight?	/1	