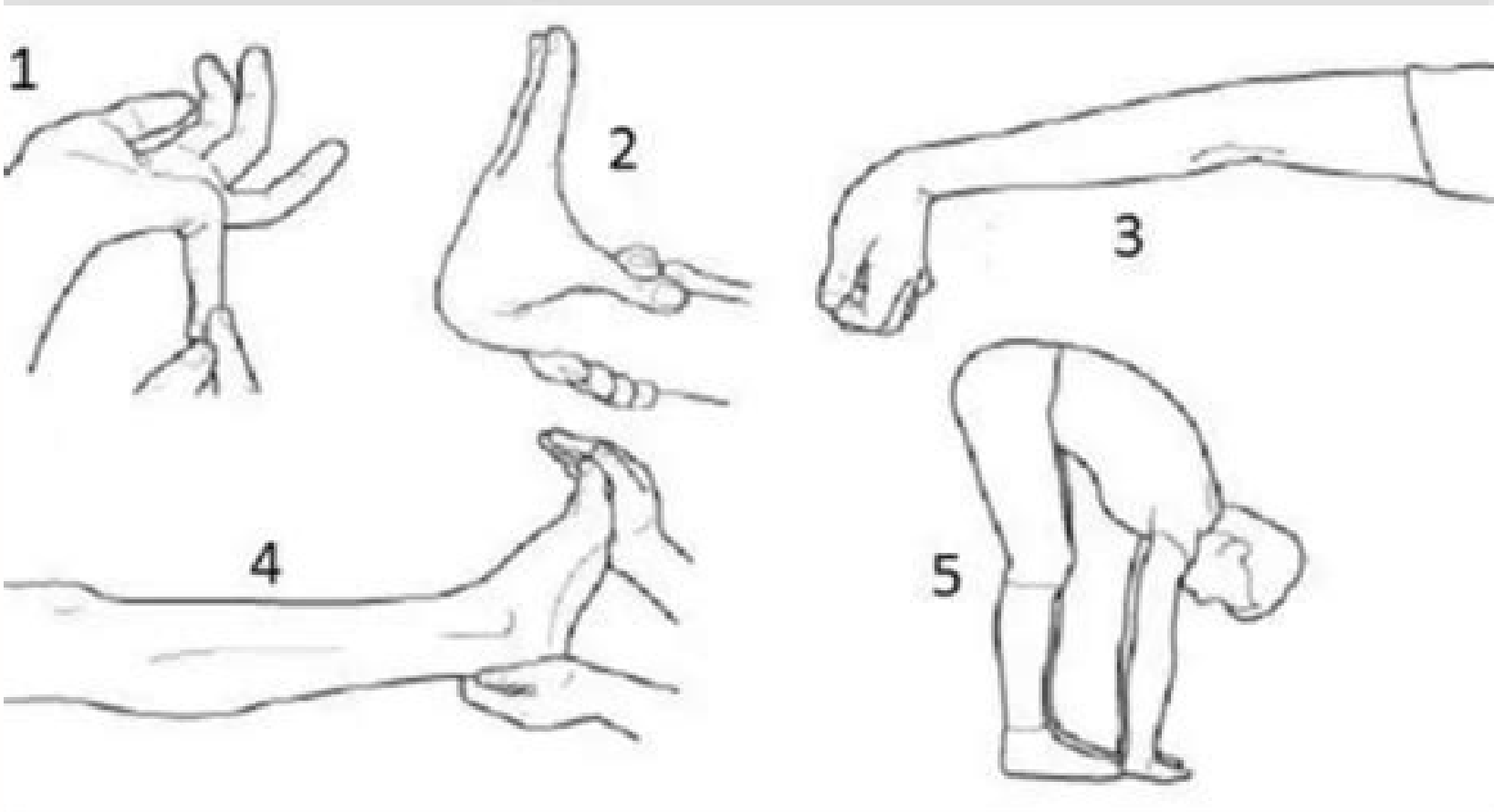


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Beighton's 9 Point Hypermobility Score

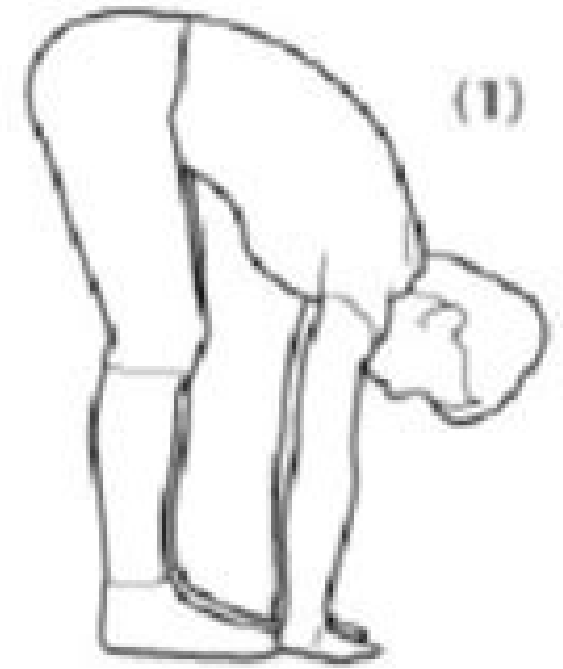
Ability to:	Image	L	R	Both
Passively dorsiflex the 5 th MCP joint ≥ 90°		1	1	
Oppose the thumb to the volar aspect of the ipsilateral forearm		1	1	
Hyperextend the elbow ≥ 10°		1	1	
Hyperextend the knee ≥ 10°		1	1	
Place hands flat on the floor without bending the knees				1

Total /9

[C] Sharon Hennessy 2000. <https://noqutbendy.com>

Classificação da dor	GN (n=12)		GH (n=22)	
Masseter	f	%	f	%
Sem dor	0	0	0	0
Dor leve	0	0	2	9.09
Dor moderada	1	8.33	4	18.18
Dor severa	11	91.67	16	72.72
Temporal Anterior				
Sem dor	0	0	4	18.18
Dor leve	1	8.33	2	9.09
Dor moderada	5	41.67	8	36.36
Dor severa	6	50	8	36.36
Polo Lateral da ATM				
Sem dor	0	0	1	4.54
Dor leve	2	16.67	2	9.09
Dor moderada	4	33.33	6	27.27
Dor severa	6	50	13	59.02
Ligamento Posterior				
Sem dor	2	16.67	7	31.82
Dor leve	2	16.67	3	13.64
Dor moderada	3	25	6	27.27
Dor severa	5	41.66	6	27.27

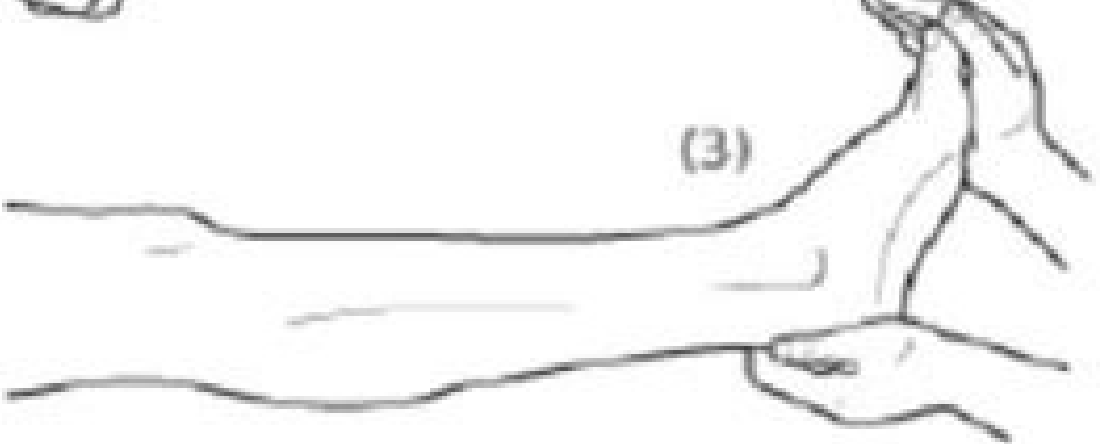
without GJH; GH= Group with GJH; f = frequency; NS= Not significant.



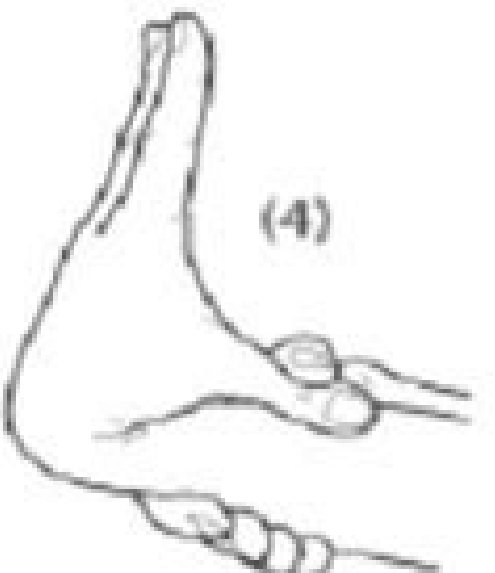
(1)



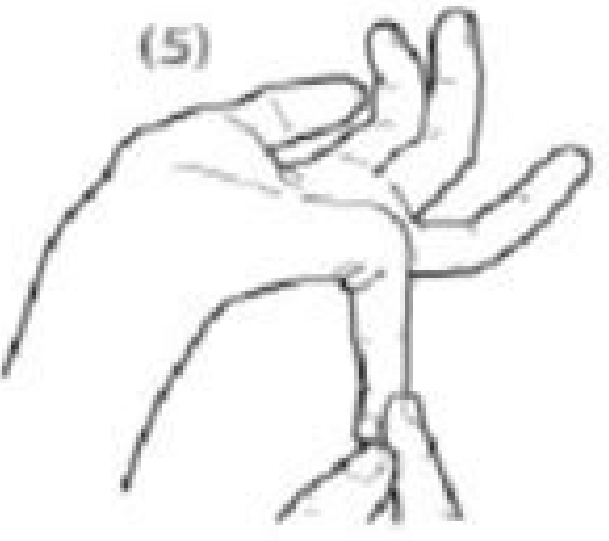
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(3)



(4)



(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
	9	

Hypermobility syndrome beighton score. Do i have eds hypermobility. Testing hypermobility - beighton score. How to test for eds hypermobility. Eds hypermobility beighton score.

If yes, add one point.
PLEASE NOTE: When reading about this in professional textbooks the formal language used is as follows:
(A) With the palm of the hand and forearm resting on a flat surface with the elbow flexed at 90°, if the metacarpal-phalangeal joint of the fifth finger can be hyperextended more than 90° with respect to the dorsum of the hand, it is considered positive, scoring 1 point. The people who took care of livestock actually made notches on a stick to help them remember how many cows they had counted. The Origin of the Word "Score" The word "score" comes from the Old Norse word "skor," which meant to put a notch on something. For example, in Martin Luther King's "I Have a Dream" speech, he referenced the Emancipation Proclamation, which went into effect 100 years earlier, by saying "five score years ago." "Four Score and Seven Years Ago" Of course, the most memorable use of "score" is Abraham Lincoln's Gettysburg Address. Counting by scores allowed the livestock hands to keep up with large quantities of cattle or sheep without losing count. (B) With arms outstretched forward but hand pronated, if the thumb can be passively moved to touch the ipsilateral forearm it is considered positive scoring 1 point. Ancient Counting Systems From the ancient world to the Middle Ages, people used different counting systems, much like we use twos, fives and tens to count today. For example, a movie made in 1938 may show the year as MCMXXXVIII, with each letter of the Roman number representing a different value. Uses of Scores in Old Texts We can find counting by scores in the Bible, as well as in other texts. Shepherds or cattle hands would count 20 of the livestock and make a mark on a stick to indicate that they had counted 20 sheep or cows. (C) With the arms outstretched to the side and hand supine, if the elbow extends more than 10°, it is considered positive scoring 1 point. Here the Israelites encountered 70 palm trees, or "threescore and ten palm trees." You can also come across the word "score" to refer to 20 of something in famous literature like the plays of Shakespeare. In Macbeth, an old man says, "Threescore and ten I can remember well." What he means is that he can remember the last 70 years of his life. (D) While standing, with knees locked in genu recurvatum, if the knee extends more than 10°, it is considered positive scoring 1 point. Although people don't use the term much anymore, you can find examples of it in literature and history. Where Did "Score" As 20 Come From? For example, counting by dozens is a throwback to older counting systems. For clarity, excerpts of GeneReviews chapters for use in lab reports and clinic notes are a permitted use. For more information, see the GeneReviews® Copyright Notice and Usage Disclaimer. For questions regarding permissions or whether a specified use is allowed, contact: ude.wu@tssamda. If yes, add one point for each hand. Test both sides: With the arm out straight, the palm facing down, and the wrist then fully bent downward, can the thumb be pushed back to touch the forearm? In the Bible, you can encounter counts of scores in older translations like the King James Version. Other ancient counting systems include Roman numerals, which you'll often encounter when you watch old movies. Using that method of counting allows the speaker to make a point that sounds like something out of the Bible or literature. Seattle (WA): University of Washington, Seattle; 1993-2022. Lincoln began that famous speech with a reference to "four score and seven years ago." That number of years (87) refers to 1776, when the Founding Fathers signed the Declaration of Independence. MORE FROM REFERENCE.COM NCBI Bookshelf. If yes, add one point for each side. Can you bend forward and place the palms of your hands flat on the floor in front of your feet without bending your knees? A service of the National Library of Medicine, National Institutes of Health. Adam MP, Ardinger HH, Pagon RA, et al., editors. THE BEIGHTON SCORING SYSTEM The Beighton Scoring System measures joint hypermobility on a 9-point scale. [Mark Thomas/Pixabay] You may have heard someone refer to a score as a quantity and wondered what it means. (E) With knees locked straight and feet together, if the patient can bend forward to place the total palm of both hands flat on the floor just in front of the feet, it is considered positive scoring 1 point. That's why the word "score" came to represent the number 20. No further modifications are allowed. One example of counting by scores in the Bible includes Exodus 15:27. The joints assessed are: Knuckle of both little/fifth/pinky fingers Base of both thumbs Elbows Knees Spine Where applicable, range of movement is measured using a goniometer, an instrument that measures the joint angle. The movements that make up the Beighton score are: Test both sides: Rest palm of the hand and forearm a flat surface with palm side down and fingers out straight. Can the fifth finger be bent/lifted upwards at the knuckle to go back beyond 90 degrees? GeneReviews® [Internet]. If yes, add one point for each thumb. Test both sides: With arms outstretched and palms facing upwards, does the elbow extend (bend too far) upwards more than an extra 10 degrees beyond a normal outstretched position? A score is 20. The first use of the word "score" to refer to 20 items goes back to around 1100. Beighton Criteria for Joint Hypermobility View in own window A total score of ≥5 defines hypermobility. From: Classic Ehlers-Danlos Syndrome Copyright © 1993-2022, University of Washington, Seattle. Permission is hereby granted to reproduce, distribute, and translate copies of content materials for noncommercial research purposes only, provided that (i) credit for source (and copyright (© 1993-2022 University of Washington) are included with each copy; (ii) a link to the original material is provided whenever the material is published elsewhere on the Web; and (iii) reproducers, distributors, and/or translators comply with the GeneReviews® Copyright Notice and Usage Disclaimer. "Score" was a term for counting herds of sheep or cattle. GeneReviews is a registered trademark of the University of Washington, Seattle. Scores in Famous Speeches You can find examples of American speakers using the word "score" to represent 20 of something. If yes, add one point for each side. Test both sides: While standing, with knees locked (bent backwards as far as possible), does the lower part of either leg extend more than 10 degrees forward? All rights reserved. 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