Joint Hypermobility Syndrome / Ehlers-Danlos Syndrome
Hypermobility Type

Joint Hypermobility Syndrome (JHS): Is a hereditary connective tissue disorder that affects the collagen structure and strength. The disorder is characterized by generalized joint hypermobility secondary to ligament laxity. JHS is difficult to recognize because of its diverse presentation and multisystem involvement.

Beighton Score: Used to assess joint hypermobility (joint hypermobility is a symptom and not a disorder.)

A. 1 point/each: passive dorsiflexion of 5th digit beyond 90 degrees.
B. 1 point/each: passive dorsiflexion of 1st digit to flexor aspect of forearm.
C. 1 point/each: elbow & knee that hyperextends beyond 10 degrees.
D. 1 point for placing palms flat on the floor without bending legs.
   • Maximum Score: 9
   • Score for hypermobility: 4


Brighton Criteria: For diagnosis of JHS/EDS-HT

Major Criteria:
• Beighton score ≥ 4/9
• Arthralgia for > 3 months in > 4 joints.

Minor Criteria:
• Beighton score of 1-3
• Arthralgia in 1-3 joints
• History of joint dislocations
• Soft tissue lesions > 3
• Marfan-like habitus
• Skin striae, hyperextensibility or scarring
• Eye signs, lid laxity
• History of varicose veins, hernias, visceral prolapses.


Questions you should include in your HPI
1. Could you ever place your hands flat on the floor without bending your knees?
2. Could you ever bend your thumb to touch your forearm?
3. As a child could you contort your body into strange shapes or could you do the splits?
4. Have you ever had a shoulder or kneecap dislocation/subluxation?
5. Have you ever considered yourself double jointed?

(If yes to 2 or more questions think about JHS and proceed with the Beighton score and Brighton criteria.)
