

The Hypermobility Syndromes quick reference guide.

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1 Is there evidence of Hypermobility?

The 5-point Questionnaire – an answer in the affirmative to 2 or more of the questions has 85% sensitivity and specificity

1. Can you now (or could you ever) place your hands flat on the floor without bending your knees?
2. Can you now (or could you ever) bend your thumb to touch your forearm?
3. As a child did you amuse your friends by contorting your body into strange shapes or could you do the splits?
4. As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?
5. Do you consider yourself double-jointed?



N.b. Low beighton score does not exclude hypermobility

The Beighton Score

- Little fingers beyond 90° = 1 point for each hand.
- Thumbs to the flexor aspects of the forearm = 1 point for each thumb
- Hyperextension of elbows beyond 10° = 1 point for each elbow
- Hyperextension of knees beyond 10° = 1 point for each knee
- Forward lumbar flexion = 1 point

Total 9 points. Adults positive 5/9, 6/9 in children.

Patients stiffen with age.

2 Signs, Symptoms and rare disorders

Key Symptoms:

- Chronic Pain
- Fatigue
- Fibromyalgia
- Gastrointestinal dysfunction
- Dysautonomia inc PoTS
- Anxiety
- Depression
- Gynaecological
- Bladder
- Mast cell activation

Key Signs:

- Soft velvety and stretchy skin
- Easy bruising
- Unexpected stretch marks
- Atrophic scarring/poor wound healing
- Abdominal hernias
- Rectal/urine prolapse
- Dental crowding
- Arachnodactyly and more

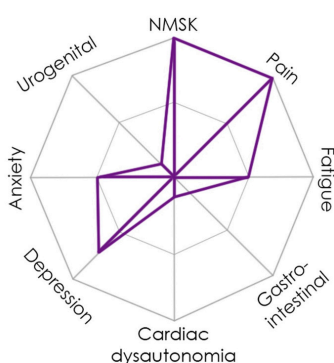
Full size downloadable/printable signs and symptoms posters are available in our resources section. See the end of the guide for the QR link.

Genetic testing; when is it indicated?

- Marfanoid habitus and/or with aortic root changes
- Ocular signs
- Very stretchy skin or unusually widened atrophic scars
- Large unusual bruising/hematomas
- Organ rupture
- Personal or family history of young-onset of unexplained arterial dissection, aneurysms or significant haemorrhage
- Significant kyphoscoliosis
- Recurrent large hernias

3 Identify associated features (comorbidities)

The validated spider screening tool



Neurodivergence

- Dyslexia
- Autism (ASC)
- ADHD/ADD
- Dyspraxia
- Tourette Syndrome
- OCD
- And more

**Please see our further resources for the spider screening tool and further information and learning on these comorbidities

Mast cell activation syndrome (MCAS)

- Mast cells inappropriately release HISTAMINE. Some signs/symptoms
- Skin – flushing, itching, hives
 - Cardiovascular – dizziness, syncope
 - GI – diarrhoea, nausea, vomiting, food intolerances
 - Neuro – brain fog, headaches, migraine
 - Anaphylaxis
 - Consider drug-intolerances.

4 Make a diagnosis

using the 2017 International criteria (Adults) or the 2023 paediatric hypermobility framework in the resources below

5 Make a management plan

Please see introductory video which includes details on how to make a management plan in our further resources

For all our further resources and additional learnings:



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