Suspected Joint Hypermobility Syndrome

History and examination

- Presence of Marfans syndrome or Ehlers Danlos syndrome I II IV
- History of bone fragility, bruising, ocular problems, flat feet, tender trigger points.
- Absence of inflammatory arthritis
- Lack of effectiveness of local anaesthetics
- Systemic symptoms

Investigations and Management

- ESR, CRP, autoantibodies
- Bone density
- Patient Education
- Analgesia using NSAIDs or simple analgesia short term (Include risk assessment and PPI cover)

Diagnosis confirmed in presence of:

2 major criteria
or
1 major and 2 minor criteria
or
2 minor and 1st degree relative affected
or
4 minor criteria

Brighton score

Major Criteria

Beighton score>4 (Currently or historically)
Arthralgia for >3 months in 4 or more joints

Minor criteria

- Beighton score 1-3
- Arthralgia or back pain > 3 months
- Spondylosis/spondylolisthesis
- Dislocation/subluxation in one joint/ more than once or in more than one joint
- Marfinold Habitus
- Thin skin, striae, hyperextensibility
- Droopy eyelids, myopia, or antimongoloid slant
- Varicose veins, hernia, uterine or rectal prolapse

Beighton Score

- Scoring 1 point each side Passive dorsiflexion 5t MCP 90°
- Apposition thumb to flexor aspect of forearm
- Hyperextension elbow beyond 0°
- Hyperextension knee beyond 0° scoring 1 point
- Forward flexion flat hands to floor with knees straight

Refer to Integrated MSK Service

- If specific concerns regarding symptom management