



5-part hypermobility questionnaire

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 kneecap or shoulder dislocate on more than one occasion?
5. Do you consider yourself “double-jointed”?

Answering yes to 2 or more of these questions suggests hypermobility
(sense 85%, spec 90%)
(Hakim and Grahame, 2003)

Available
in resources