


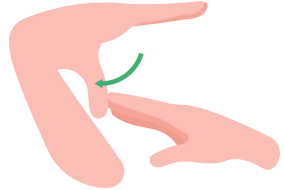
Five Point Questionnaire (5PQ) for Generalised Joint Hypermobility

Name:

Date of Birth:

Date of Assessment:

Please answer the following questions:

Question	Yes/No
1. Can you now (or could you ever) place your hands flat on the floor without bending your knees? (See illustration)	Yes <input type="checkbox"/> No <input type="checkbox"/> 
2. Can you now (or could you ever) bend your thumb to touch your forearm? (See illustration)	Yes <input type="checkbox"/> No <input type="checkbox"/> 
3. As a child, did you amuse your friends by contorting your body into strange shapes, OR could you do the splits?	Yes <input type="checkbox"/> No <input type="checkbox"/>
4. As a child or teenager, did your shoulder or kneecap dislocate on more than one occasion?	Yes <input type="checkbox"/> No <input type="checkbox"/>
5. Do you consider yourself double-jointed?	Yes <input type="checkbox"/> No <input type="checkbox"/>
Score	/5

Scoring and Interpretation

- One point for each “Yes” response
- A score of 2 or more suggests generalised joint hypermobility. Sensitivity: 91%, Specificity: 75%, (Against Beighton Score with age-adjusted criteria $\geq 5/9$ for <50 years and $\geq 4/9$ for ≥ 50 years)