



**FIVE-PART QUESTIONNAIRE (5PQ)
 FOR GENERALIZED 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)	<input type="checkbox"/> Yes <input type="checkbox"/> No 
2. Can you now (or could you ever) bend your thumb to touch your forearm? (See illustration)	<input type="checkbox"/> Yes <input type="checkbox"/> No 
3. As a child, did you amuse your friends by contorting your body into strange shapes, OR could you do the splits?	<input type="checkbox"/> Yes <input type="checkbox"/> No
4. As a child or teenager, did your shoulder or kneecap dislocate on more than one occasion?	<input type="checkbox"/> Yes <input type="checkbox"/> No
5. Do you consider yourself double-jointed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
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)¹

1. Hakim A, Grahame R. A simple questionnaire to detect hypermobility: An adjunct to the assessment of patients with diffuse musculoskeletal pain. *International Journal of Clinical Practice* 2003;**57**(3):163-166.