SCREENING TEST FOR
HYPERMOBILE EHLERS-DANLOS SYNDROME (hEDS)

	QUESTION	Yes	No
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?		

If you answer yes to 2 or more of the above questions, you should consider yourself to have hypermobile EDS and be further evaluated for this disorder

Reference: Haka J, Grahame R. A simple questionnaire to detect hypermobility: an adjunct to the assessment of patients with diffuse musculoskeletal pain. Int J Clin Pract 2003;57:163-166.

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