

Ten point Bulbena scoring system (one side only)¹⁵

>3 in males and >4 in females is consistent with hypermobility in a child/young person

Upper arm

1 Passive apposition of thumb to flexor aspect of forearm at < 21 mm (92%)*

2 Palm of hand resting on table, passive dorsiflexion of the 5th finger > 90° (93%)*

3 Hyperextension of the elbow >10° (75%)*

4 Excess shoulder lateral rotation: upper arm touching body, elbow flexed at 90°, forearm externally rotates by > 85° (84%)*

Lower extremity, supine position

5 Passive hip abduction > 85 (78%)*

6 Patellar hypermobility – holding proximal tibia, excess passive lateral movement of the patella (89%)*

7 Excess range of passive dorsiflexion of the ankle and eversion of the foot (94%)*

8 Dorsal flexion of 1st metatarsophalangeal joint > 90° (61%)*

Lower extremity prone position

9 Knee flexion allows heel to contact buttock

10 Ecchymoses after minimal trauma (63%)*

* % denotes incidence in 114 subjects with BJHS