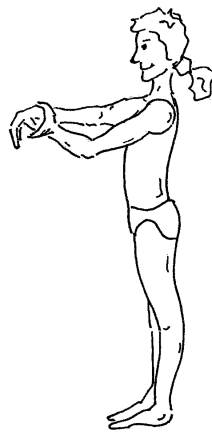


Appendix 2.

Test protocol for Beighton test and criteria for Generalised Joint Hypermobility as applied in Method A and Method B.

Method A	Method B
First finger: Apposition to forearm Standing: Passive apposition of the thumb to the flexor aspect of the forearm (elbow flexed, wrist in volar flexion). Tested on right and left side. The tester demonstrates the test and asks: "Can you make your thumb touch the forearm?". Positive score = 1 point for each side reaching a benchmark of the thumb touching the forearm. 	First finger: Apposition to the forearm Standing: Passive apposition of the thumb to the flexor aspect of the forearm (90° shoulder flexion, elbow extended and wrist in volar flexion). Tested on right and left side. The tester demonstrates the test and asks: "Can you make your thumb touch the forearm?". Positive score = 1 point for each side reaching a benchmark of the thumb touching the forearm. 
Fifth finger: Extension ≥90° Quadruped: Passive dorsiflexion of the fifth finger ≥90° (elbows extended, 90° angle between the forearm and the wrist, fingers extended). Tested on right and left side. The tester demonstrates the test and asks: "How far can you bend your little finger back?". Positive score = 1 point for each side reaching a benchmark ≥90°.	Fifth finger: Extension ≥90° Sitting with forearm and hand resting on a table: Passive dorsiflexion of the fifth finger ≥90° (elbow in 90° flexion, fingers extended). Tested on right and left side. The tester demonstrates the test and asks: "How far can you bend your little finger back?". Positive score = 1 point for each side reaching a benchmark ≥90°.



Elbow: Hyperextension $\geq 10^\circ$

Standing: Passive hyperextension of the elbows $\geq 10^\circ$ (shoulder flexion 90° , forearm/hand supinated). Tested on right and left side.

The tester demonstrates the test and asks: "How much are you able to stretch out your elbows?". Positive score = 1 point for each side reaching a benchmark $\geq 10^\circ$.



Elbow: Hyperextension $\geq 10^\circ$

Standing: Passive hyperextension of the elbows $\geq 10^\circ$. (shoulder abduction 90° and forearm/hand supinated). Tested on right and left side.

The tester demonstrates the test and asks: "How much are you able to stretch out your elbows?". Positive score = 1 point for each side reaching a benchmark $\geq 10^\circ$.



Knee: Hyperextension $\geq 10^\circ$

Standing: Hyperextension of the knees $\geq 10^\circ$. Tested on right and left side.

The tester demonstrates the test and asks: "How much are you able to stretch out your knees?". Positive score = 1 point for each side reaching a benchmark $\geq 10^\circ$.

Knee: Hyperextension $\geq 10^\circ$

Testperson in supine. Heels resting on a box (20 cm): Hyperextension of knees $\geq 10^\circ$. Tested on right and left side.

The tester demonstrates the test and asks: "How much are you able to stretch out your knees?". Positive score = 1 point for each side reaching a benchmark $\geq 10^\circ$.

	
Forward bending: Palms at floor Standing with the feet together: Forward flexion of the trunk with the knees extended and the palms of the hands touching the floor. The tester demonstrates the test and asks: "Can you, keeping the knees straight, touch the floor with your hands?". Positive score = 1 point for reaching a benchmark of touching the floor with the palms of the hands and the knees extended. 	Forward bending: Palms at floor Standing with shoulderwidth distance between feet: Forward flexion of the trunk with the knees extended and the palms of the hands touching the floor. The tester demonstrates the test and asks: "Can you, keeping the knees straight, touch the floor with your hands?". Positive score = 1 point for reaching a benchmark of touching the floor with the palms of the hands and the knees extended. 