


# The Brighton (not Beighton!) Diagnostic Criteria

## Use to diagnose BJHS (aka JHS/HMS/EDS III/HEDS)

### Major Criteria (2)

- A Beighton score of 4/9 or greater (either currently or historically)
- Arthralgia for longer than 3 months in 4 or more joints (joint pain)

How you can have EDS  
without being bendy!



### Minor Criteria (8)

- **A Beighton score of 1, 2 or 3/9 (0, 1, 2 or 3 if aged 50+)**
- Arthralgia (joint pain) > 3 months in one to three joints or back pain (> 3 months), spondylosis, spondylolysis/spondylolisthesis.
- Dislocation/subluxation in more than one joint, or in one joint on more than one occasion.
- Soft tissue rheumatism. > 3 lesions (e.g. epicondylitis, tenosynovitis, bursitis).
- Marfanoid habitus (tall, slim, span/height ratio >1.03, upper: lower segment ratio less than 0.89, arachnodactyly [positive Steinberg/wrist signs]).
- Abnormal skin: striae (stripes), hyperextensibility (stretchy), thin skin, papyraceous scarring.
- Eye signs: drooping eyelids or myopia or antimongoloid slant (almond shaped).
- Varicose veins or hernia or uterine/rectal prolapse.

The BJHS is diagnosed in the presence two major criteria, or one major and two minor criteria, **or four minor criteria**. Two minor criteria will suffice where there is an unequivocally affected first-degree relative.

*BJHS is excluded by presence of Marfan or Ehlers-Danlos syndromes (other than the EDS Hypermobility type (formerly EDS III) as defined by the Ghent 1996 (8) and the Villefranche 1998 (9) criteria respectively). Criteria Major 1 and Minor 1 are mutually exclusive as are Major 2 and Minor 2. Source: <http://www.hypermobility.org>*