# Five-part Questionnaire for hypermobility (5PQ)

Name: _____ Date: _____

Answer yes or no to each of the five questions. No separate instruction text was found; the Swedish validation prints the five items with the note 'Endorsement of two or more questions suggests generalised joint hypermobility.'

**1.** Can you now (or could you ever) place your hands flat on the floor without bending your knees?

[ ] Yes 1

[ ] No 0

**2.** Can you now (or could you ever) bend your thumb to touch your forearm?

[ ] Yes 1

[ ] No 0

**3.** As a child did you amuse your friends by contorting your body into strange shapes OR could you do the splits?

[ ] Yes 1

[ ] No 0

**4.** As a child or teenager did your shoulder or kneecap dislocate on more than one occasion?

[ ] Yes 1

[ ] No 0

**5.** Do you consider yourself double-jointed?

[ ] Yes 1

[ ] No 0

**Scoring**

Each 'yes' scores 1 point; sum of the five items.

Number of yes answers (2 or more suggests hypermobility): _____ / 5

Source: Hakim, A. J., & Grahame, R. (2003). A simple questionnaire to detect hypermobility: An adjunct to the assessment of patients with diffuse musculoskeletal pain. International Journal of Clinical Practice, 57(3), 163-166.
Online calculator and more: physiotutors.com/questionnaires