



Biomechanics of Sports

Beighton's Laxity Screen

April 8, 2020



Lesson: April 8, 2020

Objective/Learning Target:

The student will watch the instructional video regarding Beighton's laxity, and then use the script provided to screen and score an individual.



Lesson: April 8, 2020

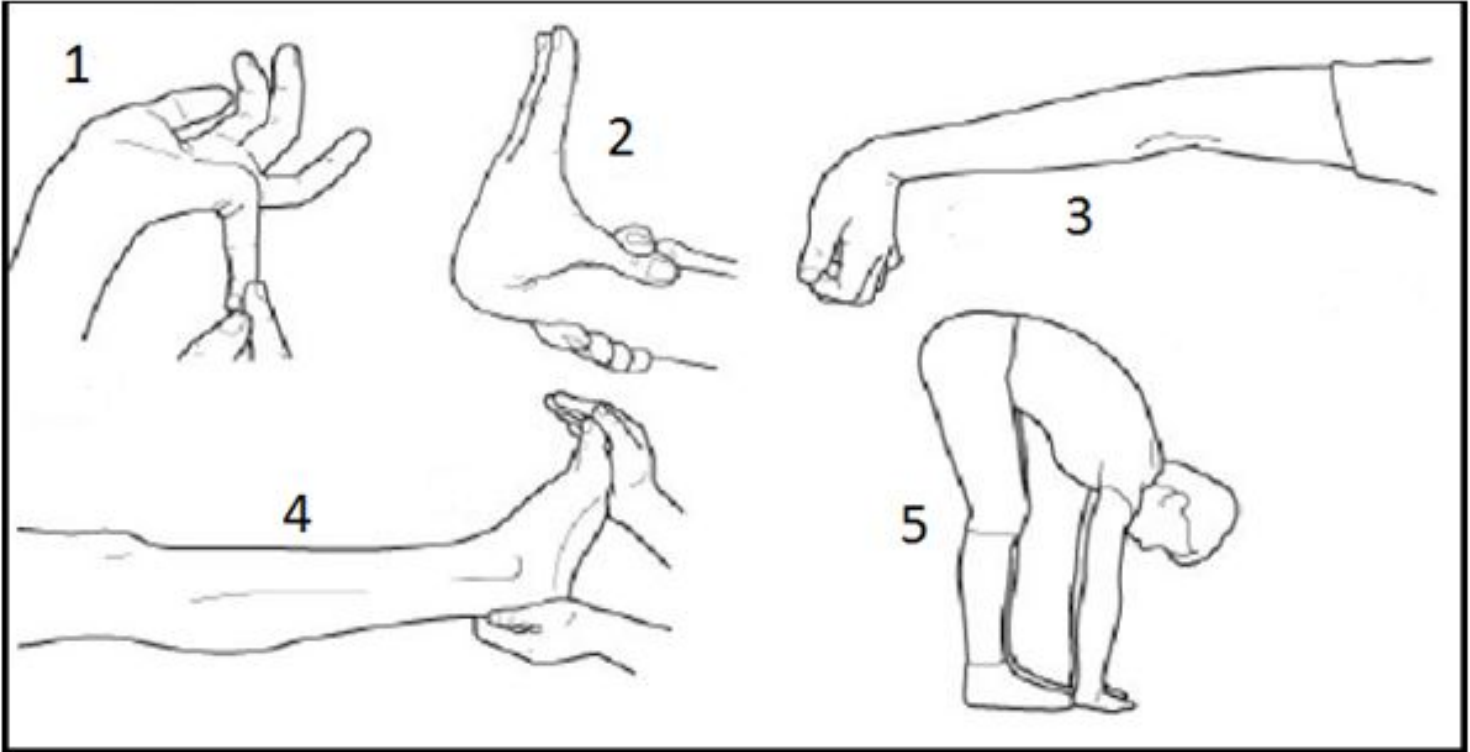
Instructions

Watch the following video and then use the script on the following page to practice administering the Beighton's Laxity Screen on someone that lives in your house.

Beighton Score



Assessment



| Specific Test | Script | Left (1 or 0) | Right (1 or 0) |
|---|--|------------------|-------------------|
| Passive dorsiflexion and hyperextension of the fifth MCP joint beyond 90° | <ul style="list-style-type: none"> • Please sit down in the chair • Place your forearm and palm down on the table. • I need you to <u>extend pinky</u> finger as far as possible without pain. • (Tester) Demonstrate | | |
| Passive apposition of the thumb to the \circ flexor aspect of the forearm | <ul style="list-style-type: none"> • Stand up straight • Flex your arm & have your palm facing down towards the ground • Using your opposite hand, push the lateral part of your thumb, attempt to touch your forearm. | | |
| Passive hyperextension of the elbow beyond 10° | <ul style="list-style-type: none"> • Stand upright facing me • Your arms parallel to the ground in relation to the sides of the body. • Palm facing upward. • Extend your elbow as far as possible. | | |
| Active forward flexion of the trunk with the knees fully extended so that the palms of the hands rest flat on the floor | <ul style="list-style-type: none"> • Stand up straight • Put your feet together • Keep your knees straight • Bend over and try to touch the floor with your palms • While going down keep your knees extended | | |
| Passive hyperextension of the knee beyond 10° | <ul style="list-style-type: none"> • Stand up straight • Put your feet together. • Keep your knees straight. • Bend over and try to touch the floor with your palms. • While going down keep your knees extended. | | |



Contact Information

jay_kolster@idschools.org

tyler_rathke@idschools.org

marcus_summers@idschools.org