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Appendix 1: The Hakim-Grahame questionnaire for generalized joint hypermobility (GJH) on a scale of 0 to 5*. A positive response to 2 or more questions indicates a history of hypermobility.

(1) Can you now (or could you ever) place your hands flat on the floor without bending your knees?
(2) Can you now (or could you ever) bend your thumb to touch your forearm?
(3) As a child, did you amuse your friends by contorting your body into strange shapes or could you do the splits?
(4) As a child or teenager, did your shoulder or kneecap dislocate on more than one occasion?
(5) Do you consider yourself double-jointed?