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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?

*Reproduced, with permission, from: Hakim AJ, Grahame R. A simple questionnaire to detect hypermobility: an adjunct to the assessment of patients with diffuse musculoskeletal pain. *Int J Clin Pract.* 2003 Apr;57(3):163-6.