

JAN'S REVERSE BRIGHTON DIAGNOSTIC CRITERIA developed May 2014:

I have **purposely reversed** the **Brighton Diagnostic Criteria** here to show how you do *not have to be bendy* (e.g. hypermobile, very flexible) to have HEDS as most wrongly think. In fact, *you can be a zero on the Beighton 9 pt hypermobility scale and still pass* as is true for many. This scale is proving to be a red herring that everyone keeps getting hung up on, and thus missing MANY cases.

You "Pass" if you have either any 4 or more *minor* criteria, or 1 major criteria (shown here at bottom) and any 2 *non-matching* minor criteria, or both major criteria. Alternatively you pass with 2 minor criteria and a known/diagnosed first degree relative (mom, dad, child, sibling). (The last two minor criteria shown here are a restatement of the major criteria – i.e, they match, but with a much lower threshold, so are mutually exclusive to the matching major criteria).

8 *MINOR* CRITERIA (**4/8 bolded have nothing to do with the joints**, 7/8 have nothing to do with being at all flexible or hypermobile since most are no longer, and some never are!)

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

2 *MAJOR* CRITERIA:

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