

# The Brighton (not Beighton!) Diagnostic Criteria

## Use to diagnose BJHS (aka JHS/HMS/EDS III/HEDS)

### Major Criteria (2)

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

### Minor Criteria (8)

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

How you can have EDS without being bendy!

The BJHS is diagnosed in the presence two major criteria, or one major and two minor criteria, or four minor criteria. Two minor criteria will suffice where there is an unequivocally affected first-degree relative.

*BJHS is excluded by presence of Marfan or Ehlers-Danlos syndromes (other than the EDS Hypermobility type formerly EDS III) as defined by the Ghent 1996 (8) and the Villefranche 1998 (9) criteria respectively). Criteria Major 1 and Minor 1 are mutually exclusive as are Major 2 and Minor 2. Source: <http://www.hypermobility.org>*