

### The Lower Limb Assessment Score

The LLAS assesses lower limb hypermobility, and correlates with the more global, less specific Beighton scale.

The LLAS assessed is more involved than the Beighton scale, with 12 areas being evaluated bilaterally. Of distinct relevance for podiatrists, is the inclusion of a weight-bearing foot assessment item.

1. Hip flexion
2. Hip abduction
3. Knee hyperextension
4. Knee anterior draw
5. Knee rotation
6. Ankle dorsiflexion
7. Ankle anterior draw
8. Subtalar inversion
9. Midtarsal inversion
10. Midtarsal abd/ adduction
11. 1<sup>st</sup> MPJ dorsiflexion
12. Subtalar pronation (stance)

#### References:

[Joint hypermobility: the use of a new assessment tool to measure lower limb hypermobility.](#)  
**Ferrari J**, Parslow C, Lim E, Hayward A. Clin Exp Rheumatol. 2005 May-Jun;23(3):413-20.

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