



V-pGALS – video paediatric Gait Arms Legs Spine for Telehealth consultations (*with minor amends to original pGALS**)

TP - Telepresenter (parent / guardian / health care professional / other)

Questions

Any Pain ? (joint/muscle/back) scale 0-10*

Any Morning stiffness / Gelling ? [in minutes]*

Difficulty with dressing or undressing?

Difficulty walking or going up or downstairs?

Gait

Standing posture: *swelling, alignment, rash, deformity, wasting, posture, feet*

Walk & turn, walk on heels, walk on tiptoe: *assess ability, foot posture, limp (favour left or right)*

Arms

Observation: *nails, skin, muscles, deformity)*

Hold hands out straight: *elbow, wrist, finger extension*

Make a fist (*'cat claw'/'monkey paw'): *supination, full flexion fingers*

Pinch index finger & thumb: *finger joints, key grip strength*

Touch individual fingers to thumb: *dexterity, fluency of movement small finger joints*

TP to squeeze MCP joints*: *tenderness grade 0-10)*

Hands palm to palm / back to back: *wrist flexion/extension*

Reach arms up, head back: *elbow, wrist, neck extension*

Hands behind neck: *shoulder abduction, external rotation*

Legs

Observation: *nails, skin / soles, muscles, posture, alignment, leg length, flat feet)*

TP feels knee: *at rest & on moving for warmth, swelling or crepitus +/- swollen - soft (grape like) or hard (stone)?*

TP assess range of movement of hips: using leg roll* or prone lying* ('X'/'W' leg position*)

TP assess range of movement knees: *full extend and heel to buttock*

Squat*: *active knee flexion, restriction at ankle*

Balance on tip toes*

1-leg stand*: *balance, Trendelenberg*

Sit cross legged & stand up*: *fluency, balance*

Spine

Observation: *skin, muscles, posture, normal lordosis, deformity*

Touch ear to shoulder: *cervical spine lateral flexion*

Open mouth (1-3 fingers) & jaw side-to-side*

Bend forward and touch toes

TP to assess sacroiliac joint tenderness [grade 0-10]*