

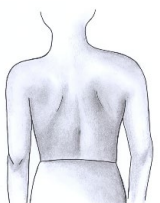

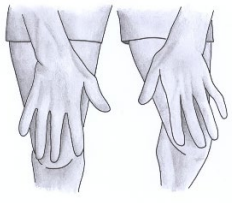
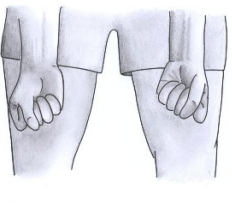
The pGALS musculoskeletal assessment 1

FILIPINO-ENGLISH

Filipino translation by: Dr Vivian Andaya Verbo M.D. Fellow of Higher Education Academy (UK), Senior Lecturer, Newcastle University, Medicine Malaysia and Dr Patricia V. Reynoso, M. D. Paediatrician, St. Luke's Medical Center, Quezon City, Philippines

Katanungan

- Mayroon ka bang (o ang iyong anak) pananakit o paninigas sa inyong mga kasukasuan, kalamnan o likod?
- Nahihirapan ka ba (o ang iyong anak) na magbihis ng sarili na walang tulong? O ang mag-angat ng isang bagay hanggang sa itaas ng antas ng balikat?
- Mayroon ka bang (o ang inyong anak) anumang problema sa paglalakad paakyat at pababa? O kaya magtimpuho?

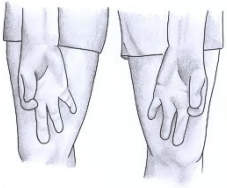
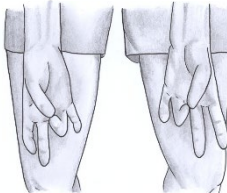

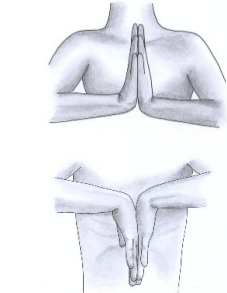
| Larawan | Instruksiyon | Ano ang sinusuri? |
|---|--|---|
|  | “Habang nakatayo ang bata, pagmasdan ito mula sa harap, likod, at tagiliran” | Posture, habitus, skin rashes, Deformity (leg length inequality, alignment, scoliosis, joint swelling, muscle wasting, flat feet) |
|  | Pagmasdan ang bata habang naglalakad pasulong, umiikot at pabalik at pagkatapos ay “palakarin ng patingkayad”. Pagkatapos nito ay “palakarin ang bata gamit ang sakong ng paa” | Feet, ankles, subtalar, midtarsal and small joints of feet and toes Foot posture (check medial longitudinal arch when on tip toes) |
|  | “Ilatag ang iyong mga kamay sa harap ” | Forward flexion of shoulders Elbow extension, wrist extension, extension of small joints of fingers |
|  | “Ibaliktad ang mga kamay at gumawa ng kamao” | Wrist supination, Elbow supination, Flexion of small joints of fingers |

10 February 2020

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The pGALS musculoskeletal assessment 2

| | | |
|---|--|---|
|  | <p>“Pisilin ang magkabilang daliring hinlalaki at hintuturo”</p> | <p>Manual dexterity Co-ordination of small joints of fingers</p> |
|  | <p>“Pindutin ang dulo ng mga daliri sa kamay”</p> | <p>Manual dexterity Co-ordination of small joints of fingers</p> |
|  | <p>“Pisilin ang mga kasukasuan sa kamay”</p> | <p>Metacarpophalangeal joints (for tenderness)</p> |
|  | <p>“Pagdikitin ang iyong mga palad at pagkatapos ay pagdikitin ang likod ng mga kamay”</p> | <p>Extension of small joints of fingers, Wrist extension / flexion, Elbow flexion</p> |

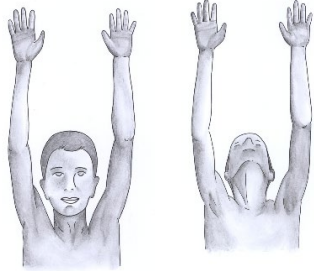
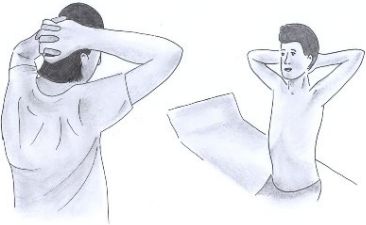
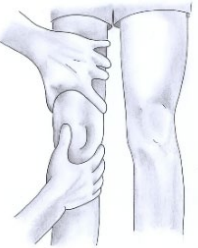

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FILIPINO-ENGLISH

The pGALS musculoskeletal assessment 3

| | | |
|---|---|---|
|  | <p>“Itaas ang mga kamay at tumingala”</p> | <p>Neck extension, Shoulder abduction, Elbow extension, Wrist extension</p> |
|  | <p>“Ilagay ang iyong mga kamay sa likod ng iyong leeg”</p> | <p>Shoulder abduction, External rotation of shoulders, Elbow flexion</p> |
|  | <p>“Damhin kung meron tubig sa bandang tuhod”</p> | <p>Knee effusion (small effusion may be missed by patellar tap alone)</p> |
|  | <p>Igalaw ang iyong mga tuhod at damhin o dinggin kung merong “crack” na tunog o hindi normal na tunog na nanggagaling sa tuhod</p> | <p>Knee flexion / extension</p> |





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The pGALS musculoskeletal assessment 4

| | | |
|---|---|---|
|  | <p>“Ibaluktot ang tuhod at ikutin paloob ang balakang”</p> | <p>Hip flexion and internal rotation</p> |
|  | <p>“Ibukang maigi ang bibig at ipasok ang iyong tatlong daliri”</p> | <p>Temporomandibular joints (check deviation of jaw movement)</p> |
|  | <p>“Sikapang idikit ang tenga sa balikat”</p> | <p>Cervical spine lateral flexion</p> |
|  | <p>“Yumuko at abutin ang dulo ng mga daliri sa paa”</p> | <p>Thoraco-lumbar spine forward flexion (check for scoliosis)</p> |

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