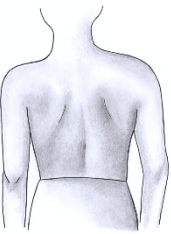

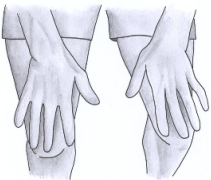
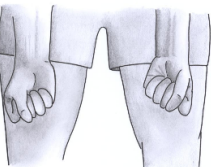


The pGALS musculoskeletal assessment - Kinyarwanda

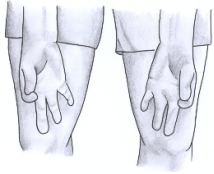
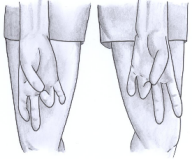
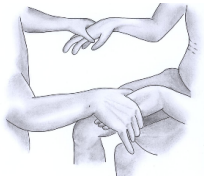
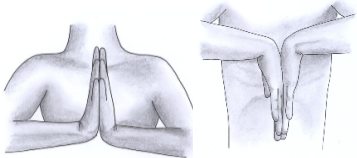
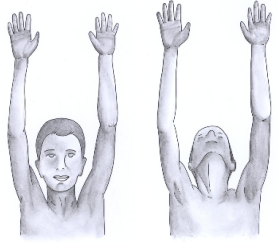
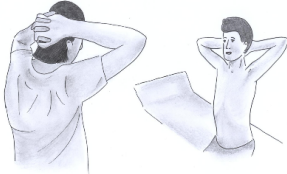
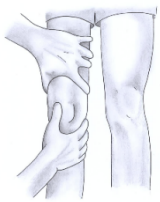
“Gusuzuma mu ngingo ku bana”

Translation provided by Dr Oscar Mwizerwa¹
¹University of Toronto, Toronto, Canada

Ibibazo bikoreshwa		
<ul style="list-style-type: none"> Ese waba ufite (cyangwa umwana wawe yaba afite) uburibwe cyangwa kugagara mu ngingo, imikaya cyangwa umugongo? Ese waba ugorwa (cyangwa umwana wawe yaba agorwa) no kwiya mbika imyenda? cyangwa guterura ikintu hejuru y’urutugu? Ese waba ugorwa (cyangwa umwana wawe yaba agorwa) no kurira cyanga kumanuka ingazi? cyangwa gusutama? 		
Ishusho	Uko bikorwa	Ikiri gusuzumwa
	Itegereze umwana ahaguruka (imbere, inyuma n’impande zose)	Igihagararo, isuku ku mubiri, amabara n’utubyimba ku ruhu, guhinamarara (amaguru asumbana, ataringaniye, imitego, urutirigongo rwiheze, kubyimba mu ngingo, guhorota kw’imikaya)
	Itegereze umwana atera intambwe, agenda anagaruka “mu gihe agendera ku mano, ndetse no ku dutsinsino”.	Ibirenge, utubumbambari, mu turingo duto tw’ikirenge n’amano. Impagarike (suzuma ihetama ry’inda y’ikirenge ahagaze ku mano)
	Hagarara urambuye amaboko imbere yawe	Kuramburira imbere intugu Kurambura inkokora no mu bujana, kurambura ingingo nto z’intoki
	Garamisha ibiganza, ndetse ufunge ibipfunsi.	Kurebesha hejuru ubujana n’inkokora, Guhina ingingo nto n’intoki

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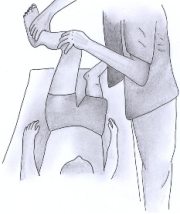



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	Huza imitwe ya meme na mukuru wa meme	Ubushobozi bwo kuyobora ingingo nto z'intoki
	Genda ukoranya imitwe ya meme n'iy'zindi ntoki zisigaye	Ubushobozi bwo kuyobora ingingo nto z'intoki
	Kanda mu bujana witonze	Uburibwe mu bujana
	Huza ibiganza nk'ukora ikimenyetso cyo gusenga, maze uhindure uhuze imigongo y'ibiganza intoki zireba hasi	Kurambura ingingo nto z'intoki, guhinira hasi no hejuru mu bujana Guhina inkokora
	Zamura amaboko mu kirere kandi urebeye	Kurambura ijosi, Kwasamisha mu ntugu, Kurambura inkokora Kurambura mu bujana
	Shyira ibiganza ku mutwe usa n'uwikorera maboko inyuma	Kwasamisha mu ntugu, Kuzengurutsa intugu Guhina inkokora
	Koraho wumve niba nta mazi ari mu mavi (witonze, ukanda ingasire y'ivi, cyangwa ugerageza gusunikisha amazi urutoki). Usuzume ivi rimwe urigereranye n'irindi	Amazi mu mavi (amazi make cyane ntiwabasha kuyavumbura ukoze ku ngasire gusa)

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	<p>Reka umurwayi abyikorere: guhina mu ivi. Maze wumve niba nta jwi rijegera (umufashije)</p>	<p>Guhina no kurambura amavi</p>
	<p>Ufashe umurwayi: Guhina mu itako ku buryo ivi rikora ku nda, kuzengurutsa itako urebesha ivi mo imbere.</p>	<p>Guhina no guzengurutsa mu itako</p>
	<p>Umurwayi yifashe: asama uko ushoboye kose maze ugerageze gushyira intoki eshatu (3) mu kanwa.</p>	<p>Gufunguka k'urwasaya no kurebako rudahengamye</p>
	<p>Gerageza ukoze ugutwi ku rutugu</p>	<p>Uko ingongo zo mu gikanu zikora</p>
	<p>Wunname, maze ugerageze gukora ku mano (amavi arambuye)</p>	<p>Uko ingongo nto z'urutirigongo zikora (usuzume inyonjo)</p>

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