

The pGALS musculoskeletal screen

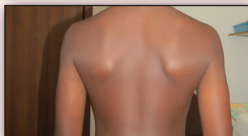
SCREENING QUESTIONS

- ▶ Do you (or does your child) have any pain or stiffness in your (their) joints, muscles or back?
- ▶ Do you (or does your child) have any difficulty getting yourself (him/herself) dressed without any help?
- ▶ Do you (or does your child) have any difficulty walking to school?

FIGURE

SCREENING MANOEUVRES

WHAT IS BEING ASSESSED?



Observe the child standing (from front, back and sides)

- ▶ Posture and habitus
- ▶ Skin rashes - e.g. psoriasis
- ▶ Deformity - e.g. leg length inequality, leg alignment, scoliosis, joint swelling, muscle wasting



Observe the child walking and "Walk on your heels" and "Walk on your tiptoes"

- ▶ Ankles, subtalar, midtarsal and small joints of feet and toes
- ▶ Foot posture (note if presence of normal longitudinal arches of feet when on tiptoes)



"Hold your hands out straight in front of you"

- ▶ Forward flexion of shoulders
- ▶ Elbow extension
- ▶ Wrist extension
- ▶ Extension of small joints of fingers



"Turn your hands over and make a fist"

- ▶ Wrist supination
- ▶ Elbow supination
- ▶ Flexion of small joints of fingers



"Pinch your index finger and thumb together"

- ▶ Manual dexterity
- ▶ Coordination of small joints of index finger and thumb and functional keygrip



"Touch the tips of your fingers"

- ▶ Manual dexterity
- ▶ Coordination of small joints of fingers and thumbs



Squeeze the metacarpophalangeal joints for tenderness

- ▶ Metacarpophalangeal joints



"Put your hands together palm to palm" and "Put your hands together back to back"

- ▶ Extension of small joints of fingers
- ▶ Wrist extension
- ▶ Elbow flexion

FIGURE

SCREENING MANOEUVRES

WHAT IS BEING ASSESSED?



"Reach up, 'touch the sky' and 'Look at the ceiling'"

- ▶ Elbow extension
- ▶ Wrist extension
- ▶ Shoulder abduction
- ▶ Neck extension



"Put your hands behind your neck"

- ▶ Shoulder abduction
- ▶ External rotation of shoulders
- ▶ Elbow flexion



"Try and touch your shoulder with your ear"

- ▶ Cervical spine lateral flexion



"Open wide and put three fingers in your mouth"

- ▶ Temporomandibular joints (and check for deviation of jaw movement)



Feel for effusion at the knee (patella tap, or cross-fluctuation)

- ▶ Knee effusion (small effusion may be missed by patella tap alone)



Active movement of knees (flexion and extension) and feel for crepitus

- ▶ Knee flexion
- ▶ Knee extension



Passive movement of hip (knee flexed to 90° and internal rotation of hip)

- ▶ Hip flexion and internal rotation



"Bend forward and touch your toes"

- ▶ Forward flexion of thoraco-lumbar spine (and check for scoliosis)