

Basic Instructions for assessment using pGALSplus (School age)

Child should remove shoes and socks. Ask screening questions and record answers.

Examination/Activity	Instruction to child	Starting position/test detail	Comments
Take T-shirt off	Ask child to remove their T-shirt by themselves	Standing on floor	Look for any difficulties due to reduced ROM in UL's, inability to raise arms against gravity, poor co-ordination
Standing posture	Ask child to stand still	Look at the child in standing from top to toe	Note any asymmetry, swelling, deformities, rashes, altered foot position, alignment of spine.
Walk on heels/tiptoes	Ask child to walk on their heels and then then their tip toes	Standing	Observe for any difficulty due to swelling, reduced ROM, poor muscle strength, poor co-ordination
Hold hands out straight	Ask child to hold arms and hands out straight in front	Standing	Look at elbow, wrist and finger extension
Make a fist	Ask child to hold arms out with palms up and make a tight fist	Standing	Look for supination, if unable to make fist is this due to reduced ROM, poor strength, pain
Pinch index finger to thumb	Ask child to pinch index finger and thumb together	Standing	Look at ROM, functional grip
MCP squeeze	Ask child to hold hands out with fingers splayed,.	Squeeze their MCPJs with your fingers	Assess for any pain.
Hands palm to palm/back to back	Ask child to place hands in prayer position (palm to palm) and back to back	Keep elbows horizontal	Look for reduced ROM at wrists.
Reach arms up head back	Ask child to reach their arms up in the air and look up to the sky	Standing	Look for reduced ROM, inability to lift arms against gravity
Hands behind neck	Ask child to place both arms behind their head	Standing	look for reduced ROM, inability to move arms against gravity, pain

Touch shoulder to ear	Ask child to tip their ear towards their shoulder in. both directions	Standing	Look for difficulties due to reduced ROM and/or pain
Fingers in mouth	Ask child to place 3 of their own fingers in a stacked position and put these in their mouth	Standing	Look for restriction in TMJ opening
Feel for effusion in knees		Supine on plinth – patella tap, cross fluctuation	Feel for heat in the knees, look for evidence of swelling.
Active movement of knees	Ask child to bend and straighten their knees, one at a time	Supine on plinth	Check active ROM at knees, check passive hyperextension
Leg length discrepancy		Supine on plinth, Check for obvious leg length discrepancy	Measure ASIS to MM if necessary
Passive movement		Supine, knee at 90 degrees, check external and internal rotation at the hip	Look for restriction in ROM
LL Reflexes		In supine, check patella, ankle, plantar reflexes using a tendon hammer	Check for diminished or exaggerated reflexes, asymmetry
Bend forwards and touch your toes	Ask child to stand and bend forwards reaching their hands towards their toes, legs straight	Standing	Look at alignment of spine (scoliosis, kyphosis)
Head raise in supine	Ask child to lie on the floor in supine, ask them to cross their arms over their chest and lift their head up to look at their toes	Supine on floor (on mat if available)	Look for side flexion or protraction at neck, head not lifted in midline

Rise from the floor	Ask child to stand up from the floor as quickly as possible.	Supine with arms by their side	Look for any difficulty with this due to pain, reduced ROM, weakness and/or poor understanding of instruction
Functional squat and rise	Ask child to squat to the floor to retrieve a toy and back up again. For older children ask them to squat on one leg only (smaller squat).	Standing on floor	Look for any difficulty with this due to pain, reduced ROM, weakness and/or poor understanding of instruction
Stand on one leg left and right (eyes open or eyes closed (aged 7-10 only)	Ask child to stand on one leg for as long as they can. Repeat on other leg	Standing on floor, arms out to the side. Age 5-6 up to 10 seconds, age 7-10 more than 10 seconds.	Look for poor balance, holding on to furniture/adult, exaggerated arm movements, difficulties due to weakness or pain
Hopping	Ask child to hop on one leg, repeat on the other leg	Standing on floor, age 5-6 up to 5 hops, age 7-10 more than 5 hops. Need obvious foot clearance	Look for poor balance, holding on to furniture/adult, exaggerated arm movements, difficulties due to weakness or pain
Jumping	Ask child to jump with 2 feet together –	Standing on the floor Age 5-6 – forwards 3 times, aged 7-10 – 3 forward, 2 back and one to the side	Look for difficulties/inability to jump due to weakness or pain, poor balance, holding on to furniture/adult, exaggerated arm movements, difficulty understanding instructions
Ball skills	Throw a tennis ball to the child and ask them to catch it and throw it back to you	Standing on floor. Age 5-6 -2 times both hands together. Age 7-10 – 5 times with dominant hand	Look for poor self positioning i.e. arms too far apart, inaccurate aim, immature scoop catch.

Additional Resources

- Links are provided within the pGALSplus document to relevant websites and research articles.
- For Paediatric Musculoskeletal Matters (PMM) and PREMS, health professionals may be required to register (this is free) and provide an email address.