

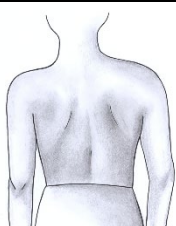
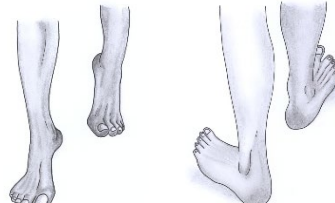
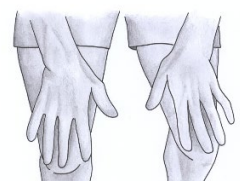
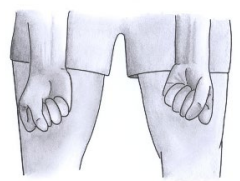
The pGALS musculoskeletal assessment 1

SWAHILI

Translation provided by Dr Angela Migowa, Aga Khan University Hospital, Nairobi, Kenya

Maswali

- Je, wewe (au mtoto wako) una maumivu au ugumu katika viungo, misuli au mgongo?
- Je, wewe (au mtoto wako) usipokuwa na usaidizi, una matatizo yoyote unapovaa nguo?
- Je, wewe (au mtoto wako) una matatizo ukitembea (kwa mfano kutembea hadi shule / kupanda ngazi au daraja?)

Figure	Uchunguzi wa kimatibabu	Ni nini kinachochunguzwa?
	Chunguza mtoto akisimama (kutoka mbele, nyuma na pande)	Mkao wa mtoto, vipetele vya ngozi – kwa mfano (k.m.) psoriasis Ulemavu –k.m. hitilafu ya urefu wa mguu, mpangilio wa mguu, mpangilio sahihi wa mgongo, uvimbe wa viungo, upungufu au upotevu wa misuli
	Chunguza mtoto akitembea, “Akitembea kwa visigino” na “Akitembea kwa ncha ya vidole vya miguu”	Kifundo cha mguu, viungo vidogo vya miguu na vidole vya miguu Mkao wa mguu (chunguza kama mtoto ana matao ya kawaida anaposimama kwa ncha ya vidole vya miguu)
	“Nyosha mikono moja kwa moja mbele yako”	Kukunja mabega Kunyosha kisugudi, Kunyosha kiwiko, Kunyosha viungo vidogo vya vidole
	“Pindua mikono yako na fanya ngumi”	Kugeuza kiganja juu Kugeuza kisugudi juu Kukunja viungo vidogo vya vidole

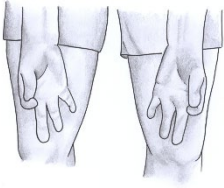
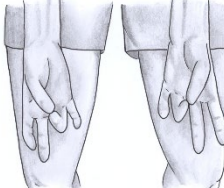

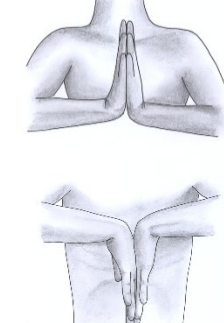
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The pGALS musculoskeletal assessment 2

	<p>“Bana kidole cha shahada na kidole gumba pamoja”</p>	<p>Uratibu wa mkono Uratibu wa viungo vidogo vya kidole gumba, kidole cha shahada na mtego wa mkono</p>
	<p>“Gusa ncha za vidole vya mkono”</p>	<p>Uratibu wa mkono Uratibu wa viungo vidogo vya vidole</p>
	<p>Bana viungo vidogo vya mkono (kati ya vidole na kiganja) na chunguza kama kuna uchungu</p>	<p>Viungo vidogo vya mkono kati ya vidole na kiganja</p>
	<p>“Weka mikono yako pamoja kiganja kwa kiganja” na “Weka mikono yako pamoja nyuma kwa nyuma”</p>	<p>Kunyosha viungo vidogo vya vidole vya mkono Kunyosha kiwiko Kukunja kisugudi</p>


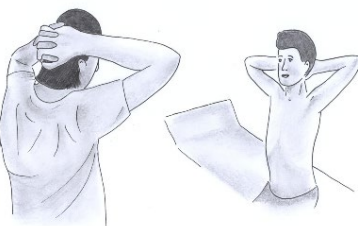
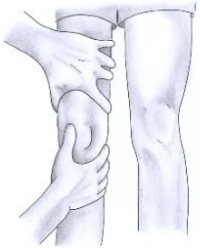

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	<p>“Inua mikono hadi juu, 'Gusa angani' na 'Tazama dari”</p>	<p>Kunyosha kisugudi Kunyosha kiwiko Utekaji wa mabega Kunyosha shingo</p>
	<p>“Weka mikono nyuma yashingo yako”</p>	<p>Utekaji wa mabega Kuzungusha mabega nje Kukunja kisugudi</p>
	<p>Chunguza na hisi kama kuna maji kwa goti(chunguza kofia ya goti)</p>	<p>Maji kwa goti</p>
	<p>Songeza magoti (kunja na nyosha magoti)</p>	<p>Kukunja goti Kunyosha goti</p>





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	<p>Harakati baridi ya unyonga (Kukunja goti hadi 90° na kuzungusha unyonga ndani)</p>	<p>Kukunja na kuzungusha nyonga ndani</p>
	<p>“Fungua mdomo pana na weka vidole vyako vitatu ndani ya mdomo”</p>	<p>Viungo vya taya (tazama kama kuna hitilafu yoyote kwa viungo vya taya)</p>
	<p>“Jaribu kugusa bega na sikio lako”</p>	<p>Kukunja shingo pande</p>
	<p>“Inama na gusa ncha ya vidole vya miguu”</p>	<p>Uwezo wa kuinama (chunguza kama kuna mpangilio sahihi wa mgongo)</p>

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