

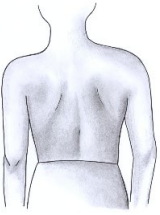

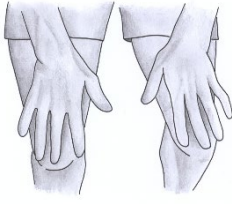
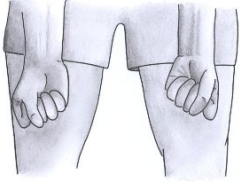
# The pGALS musculoskeletal assessment 1

## CHINESE (MANDARIN)

Translated by Dr Zhi Jing Tan Teaching Fellow Newcastle University Medicine Malaysia

### 问题

- 您（或者您的孩子）是否有感觉疼痛或僵硬于任何关节，肌肉或背部？
- 您（或者您的孩子）是否有任何困难自己着装？或者能否把东西抬高过肩膀的高度？
- 您（或者您的孩子）是否有任何困难上下楼梯？或者能否蹲下？

图片	测试方法	测试什么？
	观察小孩站着（从前面，背面和旁边）	站姿，身材，皮疹，身体的缺陷（腿长不一，身体线条不一，脊椎侧弯，关节肿胀，肌肉萎缩，平足）
	观察小孩行走，转身回来，然后先用脚尖行走，再用脚根行走	足，脚踝，足部的小关节和脚指。脚板的姿势（用脚尖走路时是否有足弓）
	把手伸出来	向前弯曲肩膀，伸直手肘，伸直手腕，伸直手指的小关节
	把手翻过来然后握拳	翻过手腕，翻过手肘，弯曲手指的小关节

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## CHINESE (MANDARIN)

### The pGALS musculoskeletal assessment 2

	把食指和拇指碰在一起	手指的灵巧度 手指关节的协调性
	触碰每一根手指	手指的灵巧度 手指关节的协调性
	捏一下手掌中间的关节	手掌上的关节
	把手掌合起来，再把手掌背部合起来	伸直手指，手腕向上/向下弯曲，弯曲手肘

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## CHINESE (MANDARIN) The pGALS musculoskeletal assessment 3

	<p>把手抬高，尝试触碰天空，向上看天花板</p>	<p>颈项往后弯，肩膀打开，手肘伸直，手腕伸直</p>
	<p>把手放在脖子后面</p>	<p>肩膀打开，肩膀往外转，手肘弯曲</p>
	<p>感觉膝盖里的积液（用两根手指放在膝盖两侧，再用另一根手指按一下膝盖）</p>	<p>膝盖里的积液</p>
	<p>让小孩亲自弯曲膝盖，过后把一只手放在膝盖上，另一只手则弯曲膝盖，尝试感觉膝盖里有没有摩擦</p>	<p>膝盖弯曲/伸直</p>

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## CHINESE (MANDARIN)

### The pGALS musculoskeletal assessment 4

	<p>用一只手弯曲大腿，再朝内转</p>	<p>臀部能否弯曲及向内转</p>
	<p>把口张开，尝试把自己的三根手指放进口里</p>	<p>嘴巴的关节</p>
	<p>尝试用耳朵触碰肩膀</p>	<p>颈椎向侧边弯曲</p>
	<p>向前弯，并触碰你的脚趾</p>	<p>脊椎向前弯（测试脊椎侧弯）</p>

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