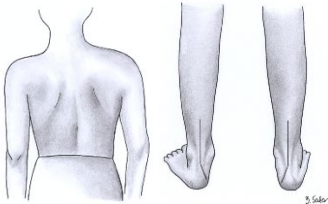
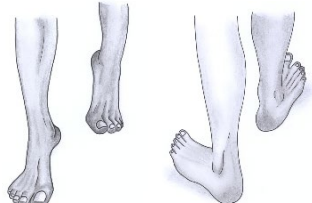


## The V-pGALS musculoskeletal assessment (with minor amends to original pGALS\*)

### Screening Questions

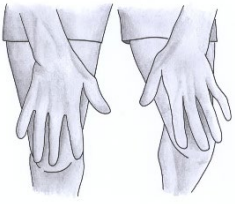
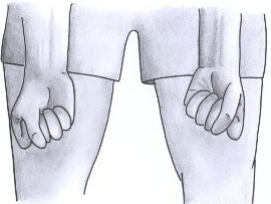
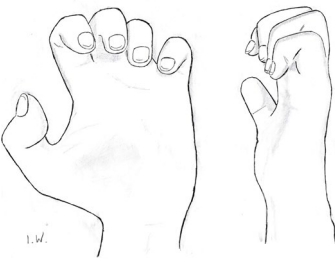

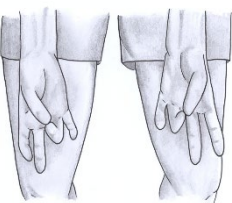

- Do you (or does your child) have any pain or stiffness in your (their) joints, muscles or back? **Pain scale 0-10\* Morning stiffness or gelling [minutes]\***
- Do you (or does your child) have any difficulty getting yourself (him/ herself) dressed without any help? Or lifting an object above shoulder level?
- Do you (or does your child) have any problem going up and down steps ? Or being able to squat? Or walking ?

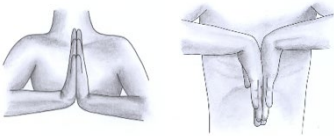
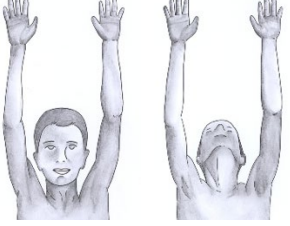
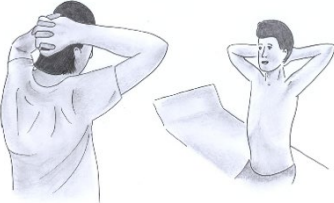
### Gait

Figure	Manoeuvres	What is being assessed ?
	Observe the child standing (from front, back and sides)	Posture ( <i>habitus, profile, skin rashes</i> )  Deformity ( <i>leg length inequality, alignment, scoliosis, joint swelling, muscle wasting, flat feet</i> )
	Observe the child walking, turning and returning, then "Walk on your tip-toes", then "Walk on your heels"  <b>Balance on Tip Toes*</b>	Check for limp and balance and co-ordination  Feet, ankles, subtalar, midtarsal and small joints of feet and toes  Foot posture ( <i>check medial longitudinal arch when on tip toes</i> )

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## The V-pGALS musculoskeletal assessment (with minor amends to original pGALS\*)

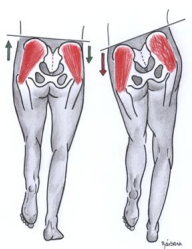


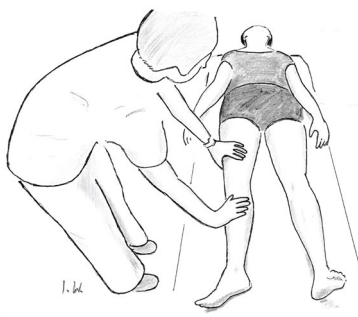
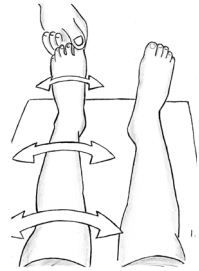

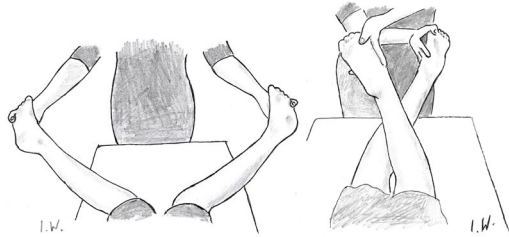
<b>Arms</b>		
<b>Figure</b>	<b>Manoeuvres</b>	<b>What is being assessed ?</b>
	“Hold your hands out straight in front of you”	Forward flexion of shoulders Elbow extension, wrist extension, extension of small joints of fingers  Observation ( <i>nails, skin, muscles, deformity</i> )
	“Turn your hands over & make a fist”	Wrist supination, Elbow supination, Flexion of small joints of fingers
	“Hold up each of your hands and “Make a ‘Cat Claw’ or ‘Monkey paw’”*	<b>Flexion of small joints of fingers</b> <i>Ensure lateral view</i>
	“Pinch your index finger & thumb together”	Manual dexterity Co-ordination of small joints of fingers
	“Touch the tips of your fingers”	Manual dexterity Co-ordination of small joints of fingers
	Squeeze the metacarpophalangeal joints  <b>Tenderness grade 0-10</b>	Metacarpophalangeal joints (for tenderness)


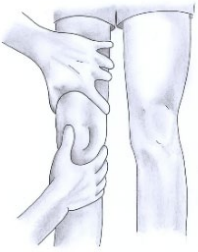

	<p>“Put your hands together palm to palms and “Put your hands together back to back”</p>	<p>Extension of small joints of fingers, Wrist extension / flexion, Elbow flexion</p>
	<p>“Reach up, ‘touch the sky’, and “Look at the ceiling”</p>	<p>Neck extension, Shoulder abduction, Elbow extension, Wrist extension</p>
	<p>“Put your hands behind your neck”</p>	<p>Shoulder abduction, External rotation of shoulders, Elbow flexion</p>

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# The V-pGALS musculoskeletal assessment

(with minor amends to original pGALS\*)




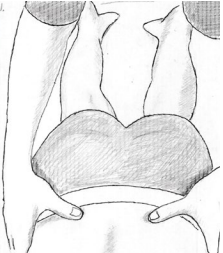
<b>Legs</b>		
<b>Figure</b>	<b>Manoeuvres</b>	<b>What is being assessed ?</b>
	<b>Standing</b>  <b>Stand on 1 leg</b>	<b>Observation (nails, skin, muscles, posture, alignment, leg length, foot arches, heel alignment, joint swelling)</b>  <b>Balance, Trendelenberg</b>
	<b>Squat*</b>	<b>Fluency, balance</b> <b>Proximal muscle strength</b> <b>Active hip, knee and ankle movement</b>
	<b>Sit cross legged* and stand up</b>	<b>Fluency, balance</b> <b>Proximal muscle strength</b> <b>Active hip, knee and ankle movement</b>
	<b>Leg roll supine lying*</b>	<b>Hip internal and external rotation</b> 
	<b>Prone lying*</b> <b>'W' and 'X' leg position*</b>	<b>Hip internal and external rotation</b> 

	<p>Passive movement (full flexion, internal rotation of hip)</p>	<p>Hip flexion and internal rotation</p>
	<p>Feel knee for warmth and swelling</p> <p>Feel for effusion (patellar tap or cross fluctuation)</p>	<p>Observation (<i>nails, skin, soles of feet, muscles, posture, alignment, leg length, foot arches, heel alignment, joint swelling</i>)</p>
	<p>Active movement of knees &amp; feel for crepitus (<i>hand on knee</i>) (passive flexion)</p>	<p>Active knee flexion and extension</p> <p><b>Full extend and heel to buttock</b></p>

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## V-pGALS musculoskeletal assessment

*(with minor amends to original pGALS\*)*

<b>Spine</b>		
<b>Figure</b>	<b>Manoeuvres</b>	<b>What is being assessed ?</b>
	<p>“Open wide and put 3 (child’s own) fingers in your mouth” <b>1-3 fingers*</b></p> <p><b>&amp; jaw move side-to-side*</b></p>	Temporomandibular joints (check deviation of jaw movement)
	<p>“Try and touch your shoulder with your ear”</p>	Cervical spine lateral flexion
	<p>“Bend forwards &amp; touch your toes”</p>	Thoraco-lumbar spine forward flexion (check for scoliosis)
	<p><b>Child lying prone (shown) or standing*</b></p> <p><b>Assess sacroiliac joint tenderness [grade 0-10]*</b></p>	Sacroiliac joints

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