

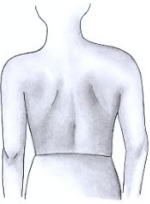

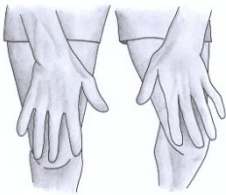

# The pGALS musculoskeletal assessment 1

## MALAWI

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### Questions

- Kodi inu (kapena mwanayu) mukumamva kupweteka kapena kulimba ku nsana, m'minofu kapena munkhongono?
- Kodi mukumakhala (kapena mwanayu akumakhala) ndi vuto liri lonse povala zovala kapena kunyamula chinthu m'mwamba kupyola pa mapewa anu?
- Kodi inu (kapena mwanayu) mukumakhala ndi vuto lina lilironse pokwera kapena kutsika ma stepe? Kodi mukumakwanitsa kunjuta/kunyonyomala?

Figure	Manoeuvres	What is being assessed?
	Muyang'aneni mwana ali choima (kumbuyo, kutsogolo ndi m'mbali)	Kaimidwe, ziwengo pa khungu, Ulumali (kusiyanana kutalika kwa miyendo, kuwongoka kwa thupi, kupindika kwa nsana, kutupa kwa ma jointi, kuwonda kwa minofu, mapazi ophwathalala)
	Muyang'aneni mayendendwe kupita patsogolo ndi kubwerera, kenako ayende ndi zala zaku phanzi kenako ayendenso pa zidendeni	Mapazi ndi ma jointi a kuphanzi ndi zala za ku phanzi. Kaimidwe ka phanzi (makamaka kutukuka kwa mzele wa mkati mwa phazi akayima ndi zala zakuphazi)
	Wongola manja kutsogolo kwako	Kuwongoka kwa mapewa popitisa jointi (nkhongono) kutsogolo, elbow(kuwongola chikhontho), kuwongola wrist ndi ma jointi ang'ono ang'ono a mu zala
	Tembenuza manja ndikupanga chibagela	Kupotokola kwa nkono ndi manja ndi kupindika kwa ma jointi a mu zala

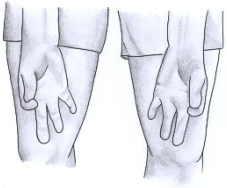
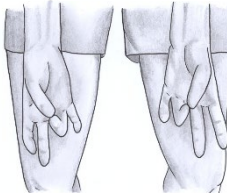

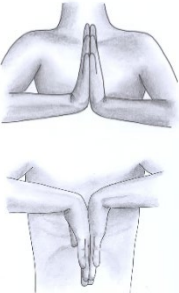
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## MALAWI

### The pGALS musculoskeletal assessment 2

	<p>Sindikiza chala cha nkomba phala ndi chala chachikulu</p>	<p>Kuyendetsa ma joint ang'onoang'ono a mu zala mopingasa</p>
	<p>Sindikiza zala zako pamodzi, chimodzi chimodzi</p>	<p>Kuyendetsa ma joint ang'ono ang'ono a mu zala mopingasa</p>
	<p>Finyani pomwe payambira zala za mwana</p>	<p>Kupweteka kwa ma jointi apoyambira zala</p>
	<p>Gunditsa manja ako pamodzi ngati ukupemphera kenako gunditsa kuseli kwa manja mozondotsa</p>	<p>Kuwongola kwa ma jointi (nkhongono) zing'ono zing'ono mu zala, kuwongola wrist ndi kupinda nkhongono ya pa chikhontho. Kupindika kwa nkono, manja ndi ma jointi a mu zala</p>

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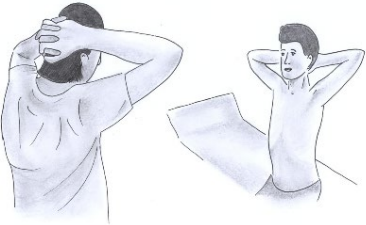


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### The pGALS musculoskeletal assessment 3

	<p>Kweza manja ako mmwamba afike mmalere kenako kweza mutu wako uyang'ane mmwamba</p>	<p>Kuongoka kwa khosi, nkono ndi manja. Kasunthidwe ka mapewa motalikanitsa ndi thupi</p>
	<p>Ika manja ako kumbuyo kwa khosi lako</p>	<p>Kasunthidwe ka mapewa motalikitisa ndi thupi ndi kupindika kwa (chikhontho) mnkono</p>
	<p>Yezani ngati mwana ali ndi madzi mmawondo</p>	<p>Madzi mu jointi ya pabondo</p>
	<p>Yezani mmene mwendo okusunthira pa bondo</p>	<p>Kasunthidwe ka bondo (kuwongola komanso kupinda)</p>





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### The pGALS musculoskeletal assessment 4

	<p>Yezani mmene mwendo ukusunthira pa hipi</p>	<p>Kupinda chiuno, komanso kuyendetsa ntchafu kuti chala chachikulu kuphazi chiloze mkati</p>
	<p>Tsegula pakwamwa ndikuika zala zitatu mkamwa mwako</p>	<p>Ma jointi a chibwano (chitsagwada)</p>
	<p>Gunda phewa ndi khutu lako</p>	<p>Kasunthidwe ka khosi kuyang'ana kumbali</p>
	<p>Polama ndikugwira zala zako za kuphanzi</p>	<p>Kupindika kwa nsana</p>

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