




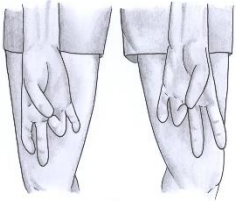
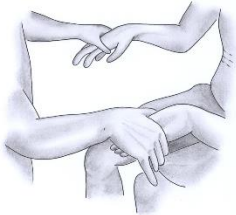
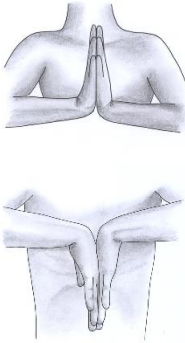
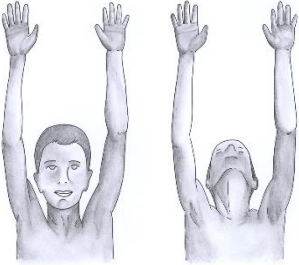
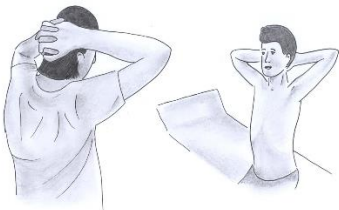


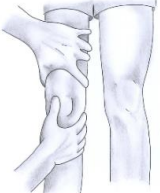





The pGALS musculoskeletal assessment

Questions

- Do you (or does your child) have any pain or stiffness in your (their) joints, muscles or back?
- 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?

Figure	Manoeuvres	What is being assessed?
	Observe the child standing (from front, back and sides)	Posture, habitus, skin rashes, Deformity (leg length inequality, alignment, scoliosis, joint swelling, muscle wasting, flat feet)
	Observe the child walking, turning and returning then "Walk on your tip-toes" then "Walk on your heels"	Feet, ankles, subtalar, midtarsal and small joints of feet and toes Foot posture (check medial longitudinal arch when on tip toes)
	"Hold your hands out straight in front of you"	Forward flexion of shoulders Elbow extension, wrist extension, extension of small joints of fingers
	"Turn your hands over and make a fist"	Wrist supination, Elbow supination, Flexion of small joints of fingers
	"Pinch your index finger and thumb together"	Manual dexterity Co-ordination of small joints of fingers

	<p>“Touch the tips of your fingers”</p>	<p>Manual dexterity Co-ordination of small joints of fingers</p>
	<p>Squeeze the metacarpophalangeal joints</p>	<p>Metacarpophalangeal joints (for tenderness)</p>
	<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>

	<p>Feel for effusion at the knee (patellar tap or cross fluctuation)</p>	<p>Knee effusion (small effusion may be missed by patellar tap alone)</p>
	<p>Active movement of knees and feel for crepitus (passive flexion)</p>	<p>Knee flexion / extension</p>
	<p>Passive movement (full flexion, internal rotation of hip)</p>	<p>Hip flexion and internal rotation</p>
	<p>“Open wide and put 3 (child’s own) fingers in your mouth”</p>	<p>Temporomandibular joints (check deviation of jaw movement)</p>
	<p>“Try and touch your shoulder with your ear”</p>	<p>Cervical spine lateral flexion</p>
	<p>“Bend forwards and touch your toes”</p>	<p>Thoraco-lumbar spine forward flexion (check for scoliosis)</p>