

The pGALS musculoskeletal screen

Screening 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?
- Do you (or does your child) have any problem going up and down stairs?






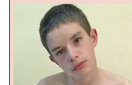





FIGURE	SCREENING MANOEUVRES <small>(Note the manoeuvres in bold are additional to those in adult GALS)</small>	WHAT IS BEING ASSESSED?
	Observe the child standing (from front, back and sides)	<ul style="list-style-type: none"> • Posture and habitus • Skin rashes – e.g. psoriasis • Deformity – e.g. leg length inequality, leg alignment (valgus, varus at the knee or ankle), scoliosis, joint swelling, muscle wasting, flat feet
	Observe the child walking and 'Walk on your heels' and 'Walk on your tiptoes'	<ul style="list-style-type: none"> • Ankles, subtalar, midtarsal and small joints of feet and toes • Foot posture (note if presence of normal longitudinal arches of feet when on tiptoes)
	'Hold your hands out straight in front of you'	<ul style="list-style-type: none"> • Forward flexion of shoulders • Elbow extension • Wrist extension • Extension of small joints of fingers
	'Turn your hands over and make a fist'	<ul style="list-style-type: none"> • Wrist supination • Elbow supination • Flexion of small joints of fingers
	'Pinch your index finger and thumb together'	<ul style="list-style-type: none"> • Manual dexterity • Coordination of small joints of index finger and thumb and functional key grip

FIGURE	SCREENING MANOEUVRES	WHAT IS BEING ASSESSED?
	'Touch the tips of your fingers'	<ul style="list-style-type: none"> • Manual dexterity • Coordination of small joints of fingers and thumbs
	Squeeze the metacarpophalangeal joints for tenderness	<ul style="list-style-type: none"> • Metacarpophalangeal joints
	'Put your hands together palm to palm' and 'Put your hands together back to back'	<ul style="list-style-type: none"> • Extension of small joints of fingers • Wrist extension • Elbow flexion
	'Reach up, "touch the sky"' and 'Look at the ceiling'	<ul style="list-style-type: none"> • Elbow extension • Wrist extension • Shoulder abduction • Neck extension
	'Put your hands behind your neck'	<ul style="list-style-type: none"> • Shoulder abduction • External rotation of shoulders • Elbow flexion

FIGURE	SCREENING MANOEUVRES	WHAT IS BEING ASSESSED?
	'Try and touch your shoulder with your ear'	<ul style="list-style-type: none"> • Cervical spine lateral flexion
	'Open wide and put three (child's own) fingers in your mouth'	<ul style="list-style-type: none"> • Temporomandibular joints (and check for deviation of jaw movement)
	Feel for effusion at the knee (patella tap, or cross-fluctuation)	<ul style="list-style-type: none"> • Knee effusion (small effusion may be missed by patella tap alone)
	Active movement of knees (flexion and extension) and feel for crepitus	<ul style="list-style-type: none"> • Knee flexion • Knee extension
	Passive movement of hip (knee flexed to 90°, and internal rotation of hip)	<ul style="list-style-type: none"> • Hip flexion and internal rotation
	'Bend forwards and touch your toes?'	<ul style="list-style-type: none"> • Forward flexion of thoraco-lumbar spine (and check for scoliosis)