


**pGALS – paediatric Gait Arms Legs and Spine**

A validated, and easy musculoskeletal assessment to distinguish abnormal from normal joints in children: <https://ped-rheum.biomedcentral.com/articles/10.1186/1546-0096-11-44>

**Documentation of the pGALS screen**

Documentation of the pGALS screening assessment is important and a simple pro forma is proposed with the following example – a child with a swollen left knee with limited flexion of the knee and antalgic gait.

	pGALS screening questions	
	Any pain?	<i>Left knee</i>
	Problems with dressing?	<i>No difficulty</i>
	Problems with walking?	<i>Some difficulty on walking</i>
		Appearance
<b>Gait</b>		X
<b>Arms</b>	✓	✓
<b>Legs</b>	X	X
<b>Spine</b>	✓	✓

Practical tips for use: <http://www.pmmonline.org/page.aspx?id=342>

The pGALS App - [Google Play](#) and [Apple Store](#) - with multiple language translations, explanatory notes, images, and relevant links to pmm-international.