

The GALS screening assessment

Gait

- Observe gait
 - Observe patient standing with hands by side
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Arms

- Observe movements – place hands behind the head
 - Observe backs of hands and wrist
 - Observe palms
 - Observe power grip and assess its strength
 - Assess precision pinch
 - Squeeze the metacarpophalangeal joints
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Legs

- Assess flexion and extension of the knees
 - Assess internal rotation of the hips
 - Perform a patella tap
 - Inspect the feet for any abnormalities
 - Squeeze the metatarsophalangeal joints
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Spine

- Inspect the spine for any abnormal curvature
- Assess lateral flexion of the neck
- Assess lumbar spine movements