

Table 2**Paediatric GALS examination****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?

Screening manoeuvres

Observe the child standing (from front, back and sides)	'Put your hands behind your neck'
Observe the child walking and 'Walk on your heels'* and 'Walk on your tiptoes'	'Try and touch your shoulder with your ear'
'Hold your hands out straight in front of you'	'Open wide and put three (child's own) fingers in your mouth'
'Turn your hands over and make a fist'	Feel for effusion at the knee (patella tap, or cross-fluctuation)
'Pinch your index finger and thumb together'	Active movement of knees (flexion and extension) and feel for crepitus
'Touch the tips of your fingers'	Passive movement of hip (knee flexed to 90°, and internal rotation of hip)
Squeeze the metacarpophalangeal joints for tenderness 'Put your hands together palm to palm' and 'Put your hands together back to back'	'Bend forwards and touch your toes?'
'Reach up, "touch the sky"' and 'Look at the ceiling'	

* All items in bold indicate manoeuvres not included in adult GALS