



OSCE Checklist: GALS Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the patient including your name and role	
3	Confirm the patient's name and date of birth	
4	Briefly explain what the examination will involve using patient-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the patient	
7	Position the patient standing	
Screening questions		
8	Do you have any pain or stiffness in your muscles, joints or back?	
9	Do you have any difficulty getting yourself dressed without any help?	
10	Do you have any problem going up and down stairs?	
Gait		
11	Observe the patient's gait	
12	Assess the patient's footwear	
Inspection		
13	Perform a brief general inspection of the patient, looking for clinical signs suggestive of underlying pathology	
14	Inspect the patient from the front	
15	Inspect the patient from the side	
16	Inspect the patient from behind	
Arms		
17	Ask the patient to put their hands behind their head and point their elbows out to the side	
18	Ask the patient to hold their hands out in front of them, with their palms facing down and fingers outstretched	
19	Inspect the dorsum of the hands	
20	Ask the patient to turn their hands over (supination)	
21	Inspect the thenar and hypothenar eminences for muscle wasting	
22	Ask the patient to make a fist	
23	Assess grip strength	
24	Assess precision grip	
25	Perform MCP squeeze	

Legs		
26	Assess passive knee flexion	
27	Assess passive knee extension	
28	Assess passive internal rotation of the hip	
29	Perform MTP squeeze	
30	Perform patellar tap	
Spine		
31	Assess cervical lateral flexion	
32	Assess lumbar flexion	
Other tests		
33	Assess TMJ function	
To complete the examination...		
34	Explain to the patient that the examination is now finished	
35	Thank the patient for their time	
36	Dispose of PPE appropriately and wash your hands	
37	Summarise your findings	
38	Suggest further assessments and investigations (e.g. focused examination of joints suspected of having pathology, further imaging)	

Read the full guide at
[geekymedics.com](https://www.geekymedics.com)



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