



OSCE Checklist: pGALS Examination

Introduction		
1	Wash your hands and don PPE if appropriate	
2	Introduce yourself to the child and parents including your name and role	
3	Confirm the child's name and date of birth	
4	Briefly explain what the examination will involve using child-friendly language	
5	Gain consent to proceed with the examination	
6	Adequately expose the child	
7	Position the child 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?	
Inspection		
11	Perform a brief general inspection of the child, looking for clinical signs suggestive of underlying pathology	
12	Inspect the child from the front	
13	Inspect the child from the side	
14	Inspect the child from behind	
Gait		
15	Observe the child's gait (including heel and tiptoe walking)	
16	Assess the child's footwear	
Arms		
17	Ask the child to put their hands behind their head and point their elbows out to the side	
18	Ask the child 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 child to turn their hands over (supination)	
21	Inspect the thenar and hypothenar eminences for muscle wasting	
22	Ask the child to make a fist	
23	Assess precision grip	
24	Ask the child to put their hands together palm to palm	
25	Ask the child to put their hands together back to back	

26	Ask the child to reach upwards	
27	Ask the child to look upwards (assessing cervical extension - can also perform this in the spine section)	
28	Perform MCP squeeze	
Legs		
29	Assess active knee flexion and extension	
30	Perform passive knee flexion	
31	Perform passive knee extension	
32	Perform passive internal rotation of the hip	
33	Perform MTP squeeze	
34	Perform patellar tap	
Spine		
35	Assess cervical lateral flexion	
36	Assess lumbar flexion	
Temporomandibular joint		
37	Assess TMJ function	
To complete the examination...		
38	Explain to the child that the examination is now finished	
39	Thank the child for their time	
40	Dispose of PPE appropriately and wash your hands	
41	Summarise your findings	
42	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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