

प्रदेश लोक सेवा आयोग,
प्रदेश नं. ५, बुटवल, रुपन्देही

प्रदेश स्वास्थ्य सेवा, फिजियोथेरापी समूह, सातौ तह, फिजियोथेरापीष्ट वा सो सरह पदको खुला र आन्तरिक
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम

द्वितीय पत्र :-

Section A – 30 Marks

1. **Biomechanics and Kinesiology**
 - 1.1 Basics principles of mechanics including Centre of gravity, line of gravity, force, newton's law, friction, stability, equilibrium, levers etc
 - 1.2 Biomechanics of spine, upper extremity and lower extremity
 - 1.3 Biomechanics of posture and its deviations
 - 1.4 Biomechanics of gait and its deviations
2. **Rehabilitation in Neurology:** (Clinical condition and different exercises regimes, therapeutic modalities and equipment's, prosthetics and orthotics used for the management of the condition)
 - 2.1 Cerebral vascular accident
 - 2.2 Acquired brain injury, spinal cord injury
 - 2.3 Tumors
 - 2.4 Degenerative neurological/neuromuscular disorder
 - 2.5 Demyelinating disorders
 - 2.6 Inflammatory/ infectious condition
 - 2.7 Cerebellar/ vestibular disorders
 - 2.8 Neuropathies
 - 2.9 Developmental/ birth injuries e.g. CP
 - 2.10 Dementia and other cognitive disorder
3. **Rehabilitation in Musculoskeletal and Sports:** (Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
 - 3.1 Muscle contusion/strain/ ligament sprain/tear/weakness
 - 3.2 Pelvic floor dysfunction
 - 3.3 Tendinopathy, tendon tear/ rupture/ tendonosis
 - 3.4 Joint derangement/dysfunction, fracture, dislocation, subluxation
 - 3.5 Degenerative joint diseases, osteoporosis, osteopenia
 - 3.6 Amputation
 - 3.7 Congenital malformation
 - 3.8 Sports injuries
 - 3.9 Mechanical spinal abnormalities
 - 3.10 Inflammatory/infectious conditions
 - 3.11 Nerve compression/ radiculopathy/ peripheral nerve injuries

Section B – 30 Marks

4. **Rehabilitation in Cardio-respiratory:** (Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
 - 4.1 Heart diseases, congenital malformation
 - 4.2 Myocardial ischemia, infarction, heart failure, cor-pulmonale

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- 4.3 Tumors
 - 4.4 Pneumonia, atelectasis, ARDS, asthma, COPD, pulmonary edema
 - 4.5 Arterial and venous diseases
 - 4.6 Pleural effusion, cystic fibrosis, tuberculosis
5. **Rehabilitation in Pediatrics:** (Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
- 5.1 Congenital and acquired musculoskeletal disorders
 - 5.2 Congenital and acquired neurological disorders
 - 5.3 Congenital and acquired cardio-pulmonary disorders
 - 5.4 Developmental disorder, burns, vitamins deficiency
6. **Rehabilitation in Gynecology:** (Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
- 6.1 Pregnancy, stages of labour, complications
 - 6.2 Gynecological disorders- salpingitis, parametritis, retro-uterus, prolapse of uterus, pelvic inflammatory diseases, urinary incontinence

Section C – 20 Marks

7. **Rehabilitation in Geriatrics and multisystem**
(Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
- 7.1 Musculoskeletal disorder
 - 7.2 Cardiopulmonary disorder
 - 7.3 Neurological disorders
 - 7.4 Burns, nutritional disorders
 - 7.5 Dementia, depression
 - 7.6 HIV/AIDS, autoimmune disease, hemophilia
 - 7.7 Fibromyalgia, chronic pain
 - 7.8 Obesity, burns, wounds/ ulcers
 - 7.9 Skin condition like dermatitis, psoriasis
8. **Modalities in clinical conditions (Mechanism of Action)**
- 8.1 High frequency current
 - 8.2 Medium frequency current
 - 8.3 Low frequency current
 - 8.4 Laser, ultrasound

Section D – 20 Marks

9. **Ethics, Management, Research, and Evidence based practice**
- 9.1 Ethics
 - 9.1.1 Ethics and professionalism
 - 9.1.2 Standard of practice, competency
 - 9.1.3 Continuing Physical Therapy education, lifelong learning

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- 9.2 Management
- 9.2.1 People management, communication and team work
 - 9.2.2 Development and implementation of policies and procedures
 - 9.2.3 Budgets
 - 9.2.4 Staffing and Record keeping
 - 9.2.5 Job descriptions, roles and responsibilities
 - 9.2.6 Performance evaluations and appraisals
 - 9.2.7 Interviewing
- 9.3 Research
- 9.3.1 Introduction to research, research design
 - 9.3.2 Questionnaires, surveys and sampling
 - 9.3.3 Ethical issues in research, elements of informed consent
 - 9.3.4 Structure of a research proposal
 - 9.3.5 Reliability and validity
 - 9.3.6 Research design and types of research
 - 9.3.7 Errors in research, hypothesis testing
- 9.4 Evidence based practice

10. Clinical Practice

- 10.1 Data collection
- 10.2 Tests/measurements
- 10.3 Data interpretation
- 10.4 Prognosis
- 10.5 Goal setting and care planning
- 10.6 Implementation
- 10.7 Education/communication with patients and their family members
- 10.8 Intervention progression

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द्वितीय पत्रहरूका एकाइहरूबाट सोधिने प्रश्नसंख्या निम्नानुसार हुनेछ :

द्वितीय पत्रका खण्ड	A			B			C		D	
द्वितीय पत्रका एकाई	1	2	3	4	5	6	7	8	9	10
प्रश्न संख्या	1	1	1	1	1	1	1	1	1	1