

<b>COURSE</b>	<b>FACULTY OF PHYSIOTHERAPY</b>
<b>PROGRAM</b>	<b>BACHELOR OF PHYSIOTHERAPY</b>
<b>YEAR</b>	<b>4</b>
<b>COURSE TITLE</b>	<b>PHYSIOTHERAPY IN MUSCULOSKELETAL CONDITIONS</b>
<b>COURSE CODE</b>	<b>17PT0401</b>
<b>COURSE CREDITS</b>	<b>5</b>

**Pre-requisite of course:** The students must have sufficient knowledge of anatomy, physiology, biomechanics and various orthopaedic conditions.

#### Teaching and Examination Scheme

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
80	0	40	50	30	20	50	50

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Evaluation, interpretation of investigations &amp; functional diagnosis (ICF) with appropriate clinical reasoning for planning &amp; implementation of management techniques</b> Evaluation, interpretation of investigations & functional diagnosis (ICF) with appropriate clinical reasoning for planning & implementation of management techniques	2
2	<b>Planning, Prescription &amp; Implementation of short term &amp; long term goals with clinical reasoning</b> Planning, Prescription & Implementation of short term & long term goals with clinical reasoning	2
3	<b>Documentation</b> Documentation	1
4	<b>Different physiotherapeutic techniques for functional restoration/maintenance and prevention of disability.</b> Different physiotherapeutic techniques for functional restoration/maintenance and prevention of disability.	2
5	<b>Different electro therapeutic techniques for relief of acute and chronic pain, swelling, wound healing, re-education with clinical reasoning</b> Different electro therapeutic techniques for relief of acute and chronic pain, swelling, wound healing, re-education with clinical reasoning	2
6	<b>Different physiotherapeutic techniques to improve/maintain muscle performance.</b> Different physiotherapeutic techniques to improve/maintain muscle performance.	3

7	<b>Different physiotherapeutic techniques to increase joint mobility</b> Different physiotherapeutic techniques to increase joint mobility	3
8	<b>Different physiotherapeutic strategies for correction / maintenance of good posture</b> Different physiotherapeutic strategies for correction / maintenance of good posture	1
9	<b>Different physiotherapeutic strategies to improve efficiency and safety of gait pattern</b> Different physiotherapeutic strategies to improve efficiency and safety of gait pattern	2
10	<b>Prescription of appropriate orthotic &amp; prosthetic devices &amp; fabrication of simple temporary splints</b> Prescription of appropriate orthotic & prosthetic devices & fabrication of simple temporary splints	1
11	<b>Appropriate Home Program &amp; Ergonomic advice for preventive measures &amp; Functional efficiency at home &amp; work place.</b> Appropriate Home Program & Ergonomic advice for preventive measures & Functional efficiency at home & work place.	2
12	<b>Physiotherapy approach in traumatology</b> Definition of fracture, classification of fracture, signs and symptoms of fracture, healing process of fracture factors affecting healing, methods of reduction, complications of fracture	4
13	<b>Physiotherapy assessment in fracture cases</b> Principles of PT management in fractures - Guidelines for fracture treatment during period of immobilization and guidelines for treatment after immobilization period, Physiotherapy assessment and management of upper limb fractures and dislocations, Physiotherapy assessment and management of lower limb fractures and dislocations including pelvis and spinal fractures	5
14	<b>Physiotherapy assessment &amp; management of soft tissue injury</b> Contusion, Contusion, sprains, strains, ruptures	3
15	<b>Physiotherapy assessment &amp; management of degenerative conditions</b> Osteoarthritis (OA) with emphasize on Knee, Hip and cervical spondylosis, lumbar spondylosis	6
16	<b>Physiotherapy assessment &amp; management of inflammatory conditions</b> Rheumatoid arthritis (RA), ankylosing spondylitis (AS), Still's disease, gout,, peri-arthritis, bursitis, synovitis, capsulitis, tendinitis, Tenosynovitis, fasciitis, Osgood Schlatter disease	7
17	<b>Physiotherapy assessment and management of infective Conditions</b> Tuberculosis (TB) of spine and other major joints, osteomyelitis, pyogenic arthritis, septic arthritis, osteomyelitis, pyogenic arthritis, septic arthritis	3
18	<b>Physiotherapy assessment &amp; management of congenital and acquired deformities</b> Congenital - CTEV, CDH, Torticollis, pesplanus, pescavus, Sprengel's scapula, Madelung's deformity, Acquired: scoliosis, kyphosis, coxavara, genu varum, valgum and recurvatum, wry neck	5
19	<b>Physiotherapy assessment &amp; management of spinal conditions</b>	6

	Spondylolisthesis, Spinal canal stenosis, Spondylolysis, Intervertebral disc prolapse,, Sacro-iliac joint dysfunction, Coccydynia, Sacralisation, Lumbarisation, Spina bifida.	
20	<b>Physiotherapy assessment &amp; management of amputations</b> Definition, indications, types, levels of amputation of lower and upper extremities, pre and post-operative assessment and management with emphasize on stump care and bandaging, pre and post prosthetic training and complete rehabilitation	4
21	<b>Rehabilitation of patient with orthopedic surgery</b> Pre and post-operative management of arthroplasty of all major joints, girdle stonearthroplasty , arthrodesis, arthroscopy, osteotomy, Reattachment of limb.	5
22	<b>Physiotherapy assessment &amp; management of re-constructive surgery</b> Cerebral Palsy, poliomyelitis, leprosy	3
23	<b>Physiotherapy assessment &amp; management of hand injury</b> Physiotherapy assessment & management of hand injury	2
24	<b>Physiotherapy assessment &amp; management of metabolic and hormonal disorders of the bone tissue</b> Osteoporosis, rickets, osteomalacia	1
25	<b>Physiotherapy assessment &amp; management of miscellaneous orthopedic conditions</b> Mallet finger, trigger finger, Dequerian’s disease, metatarsalgia, hallux valgus, Dupuytren’s contracture, thoracic outlet syndrome, chondromalacia patellae, ganglion, tennis elbow, plantar fasciitis	2
26	<b>Sports Medicine</b> Introduction & classification of sports injury Aetiological factors Prevention of sports injury Frequency and site of injury Investigation and assessment in sports injury	2
27	<b>Management Of Sports Injuries</b> Pharmacology in sports Rehabilitation in sports	1
<b>Total Hours</b>		<b>80</b>

#### Suggested List of Experiments:

Contents : Unit	Topics	Contact Hours
1	<b>PRACTICALS/OPD/CASE PRESENTATION</b> PRACTICALS/OPD/CASE PRESENTATION	40
<b>Total Hours</b>		<b>40</b>

#### References:

- 1 Cash’s textbook of Orthopedics for physiotherapists, Cash’s textbook of Orthopedics for physiotherapists, Joan e. Cash, Mosby, 1992
- 2 Essentials of orthopedics and applied physiotherapy, Essentials of orthopedics and applied physiotherapy, Jayant Joshi, Elsevier, 2020
- 3 Therapeutic Exercises, Therapeutic Exercises, Colby and Kisner, F A Davis co, 2012
- 4 Physical rehabilitation, Physical rehabilitation, O’sullivan, , F A Davis co , 2014
- 5 Orthopedics physical examination , Orthopedics physical examination , Magee, Elsevier , 2014

**Suggested Theory Distribution:**

The suggested theory distribution as per Bloom's taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation					
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<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking</b>
20.00	20.00	30.00	10.00	10.00	10.00