

SYLLABUS

for Courses affiliated to the

Kerala University of Health Sciences

Thrissur 680596



MASTER OF PHYSIOTHERAPY (MPT)

IN

MUSCULO SKELETAL AND SPORTS

Course Code: 296

(2024-25 Academic year onwards)

2024

2. COURSE CONTENT

2.1 Title of course:

MASTER OF PHYSIOTHERAPY IN MUSCULOSKELETAL AND SPORTS

2.2 Objectives of course

The Master of Physiotherapy Program is directed towards rendering training in Musculoskeletal and Sports Physiotherapy so as to enhance individual competence in order to fulfill requirement and to meet the global standards of Physiotherapy education and practice. Specific aims are:

1. To gain in knowledge of the human body related Basic Medical and Physiotherapeutic sciences relevant to Musculoskeletal and Sports Physiotherapy.
2. To gain in knowledge of movement dysfunction of human body and evidence based Physiotherapeutic management for movement dysfunction
3. To develop skills in Physiotherapy assessment pertaining to musculoskeletal disorders and sports by relevant current physiotherapeutic concepts.
4. To plan and implement appropriate Physiotherapeutic intervention for all clinical conditions related to musculoskeletal disorders and sports in acute and chronic phases, critical care, indoor and outdoor institutional care and independent practice.
5. To develop skills as a self-directed learner, recognize continuous education needs, select and use appropriate learning resources.
6. To develop ability to teach post graduate and undergraduate Physiotherapy students
7. To demonstrate managerial, administrative skills and legislation applicable to compensation for functional disability and appropriate certification
8. Acquainting a student with concept of quality of care at the institutional as well as the community levels.

2.2 Medium of instruction:

Medium of instruction and examinations shall be in English.

2.3 Course outline

The Masters Degree in Physiotherapy is a two year program consisting of classroom teaching, self directed academic learning activities, a research project and clinical postings. In the first year theoretical basis of fundamental Physiotherapy subjects are refreshed. In the second year, the students learn on the clinical conditions, physiotherapy assessment and advanced techniques in musculoskeletal disorders and sports. During these two years, the students will be posted in musculoskeletal disorders and sports departments. The learning program includes seminars, journal reviews, case presentations, case discussions and classroom teaching. Some of the clinical postings are provided at other reputed centers in the country in order to offer a wider spectrum of experience. The students are encouraged to attend conference and workshop to enhance their knowledge during their entire course of the study. University examinations are held at the end of second year. To fulfill their course completion, the students are required to complete and submit their dissertation on the research project.

2.4 Duration

The duration of the course shall be two years.

2.5 Syllabus

PAPER I APPLIED BASIC SCIENCES

This paper consists of 4 Modules:

I Bio Statistics and Research Methodology

II. Biomechanics and Pathomechanics

III. Ergonomics

IV. Nutrition and Exercise Physiology

MODULE I

BIO STATISTICS, RESEARCH METHODOLOGY

PART I. Research Methods

1. Research fundamentals

- Research – Definition, concept, purpose, approaches



- Theory in Physiotherapy research
- History of physiotherapy research
- Present scenario
- Research ethics

2. Research design

- Research problems, questions and hypotheses
- Research paradigms
- Design overview
- Research validity
- Selection and assignment of subjects

3. Writing a research proposal/critiquing a research article

- Defining a problem
- Review of literature
- Formulating a question and operational definition
- Inclusion and Exclusion criteria
- Forming groups
- Data collection & analysis
- Results, Interpretation, Conclusion, Discussion
- Informed consent
- Limitations



4. Experimental designs

- Group designs
- Single system design

5. Non experimental design

- Overview of non experimental research
- Qualitative research
- Epidemiology
- Outcome research
- Survey research

Part II Measurement and Analysis

1. Measurement

- Measurement theory
- Methodological research
- Measurement tools for Physiotherapy research

2. Data Analysis

- Statistical reasoning
- Statistical analysis of differences:
 - a)The basics
 - b)Advanced and special techniques
- Statistical analysis of relationship:
 - a)The basics
 - b)Advanced and special techniques

Part III Locating and Evaluating the Literature

Part IV Implementing Research

1. Implementing the projects
2. Publishing and presenting research



Module II Biomechanics and Pathomechanics

Part I Foundational concepts in Bio and Pathomechanics

Unit:

1. Basic concepts in biomechanics
2. Biomechanics of tissues and structures of the musculoskeletal system
 - Bone
 - Articular cartilage
 - Tendons and ligaments
 - Peripheral nerves
 - Skeletal muscle
3. Functional adaptation of bone under pathological conditions

4. Mechanics of joint and muscle action
5. Body balance and equilibrium

Part II Biomechanics and Pathomechanics of joints

Unit:

1. Upper extremity
2. Lower extremity
3. Vertebral column
4. Thorax and chest wall
5. Temporomandibular joint

Part III Biomechanics of integrated function

Unit:

1. Gait
2. Posture
3. Arm as a whole



Module III Ergonomics

Unit

1. History of ergonomics
2. Worker care spectrum
3. Functional assessment
4. Weighted capabilities
5. Participation level
6. Postural examination
7. Job analysis

8. Work hardening programme
9. Exit assessment
10. Pre-employment screening
 - Job analysis
 - Job task analysis
 - Job site analysis
11. Work capacity analysis
12. Role of Physiotherapy in industrial set up
13. Workers functional capacity assessment
14. Industrial therapy
15. Educational programme for prevention of injury
16. Adult education
17. Injury prevention and ergonomics



Module IV
Nutrition and Exercise physiology

Part I Basic Exercise Physiology

Unit

1. Introduction to exercise physiology
2. Nutrition and Performance
3. Energy transfer
4. Measurement of human energy expenditure
5. Systems of energy delivery and utilization
 - Pulmonary system
 - Cardiovascular system
 - Musculoskeletal
 - Nervous System
 - Endocrine system

Part II Applied Exercise Physiology

Unit

Aerobic power training

1. Aerobic power training
2. Anaerobic power training
3. Special aids in performance and conditioning
4. Exercise at different altitudes
5. Exercise at various climatic conditions
6. Sport diving
7. Obesity and weight control
8. Exercise and aging
9. Clinical exercise physiology



PAPER II PHYSIOTHERAPEUTICS

This paper consists of 4 Modules:

- **Manual therapy**
- **Exercise therapy**

- **Electrotherapy**
- **Electrophysiology**

Module I Manual Therapy

Part I Foundational concepts in Manual therapy

Unit

1. History of manual therapy
2. Biomechanical principles in manual therapy
 - Concave-Convex rule
 - Close pack and Loose pack Positions
 - Resting positions
 - Joint status
 - Barrier concepts
 - Fryette's Laws
 - Articular neurology
3. Pain

Part II Joints Mobilization Techniques

(Terminology, Principles, Indications, Contra-indications, Assessment and method of application of the following techniques)

Unit

1. Kalten born
2. Maitland
3. Mulligan
4. McKenzie
5. Cyriax
6. Butler neural mobilization



Part III Soft Tissue Techniques and Recent Advances in Manual Therapy

(Terminology, Principles, Indications, Contra indications, Assessment and method of Application of the following techniques)

Unit

1. Myofascial release techniques
2. Muscle energy techniques
3. Trigger point release
4. High velocity thrust techniques
5. Positional release techniques
6. Instrument-Assisted Soft Tissue Mobilization (IASTM)
7. Active Release Techniques (ART)

Module II Exercise Therapy

Part I Foundational Concepts

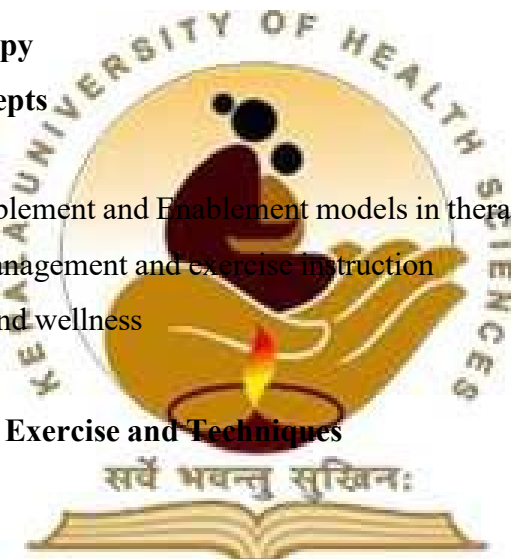
Unit

1. Application of Disablement and Enablement models in therapeutic exercise
2. Principles of self management and exercise instruction
3. Prevention, health and wellness

Part II Applied Science of Exercise and Techniques

Unit

1. Range of motion
2. Stretching
3. Resisted exercise
4. Principles of aerobic exercise
5. Exercise for balance and posture
6. Aquatic exercises
7. Training with functional devices



Part III Evidenced Based Clinical Applications of Exercise and Techniques

Module III Electrotherapy

Part I Foundational Concepts in Electrotherapy

Unit

1. Bioscience of therapeutic electrical currents
 - Basic physics
 - Basic principles of electricity
 - Types of current
 - Classification of therapeutic electrical currents
 - Parameters of therapeutic electrical currents
2. Bioscience of therapeutic thermal modalities
 - Thermal physics
 - Bio physics
 - Basic principles of thermal agents
 - Classification of thermal agents
 - Parameters of thermal agents
3. Physiology
 - Electrical properties of tissues
 - Skin
 - Tissue repair and healing
 - Sensory and motor nerves
 - Pain
 - Circulatory system and edema
4. Physiological response to electrical stimuli
5. Physiological response to thermal stimuli
6. Clinical effects of electrical and thermal modalities
 - Soft tissue
 - Joints
 - Neuronal activity
 - Muscle performance
 - Visceral tissues
 - Abnormal tissues (Hematomas and malignant tumors)
7. Current concepts in electrotherapy



Part II. Thermal Modalities

Unit

1. Shortwave diathermy
2. Microwave diathermy
3. Infrared radiation
4. Ultrasound
5. Cryotherapy

Part III. Photo Chemical Agents

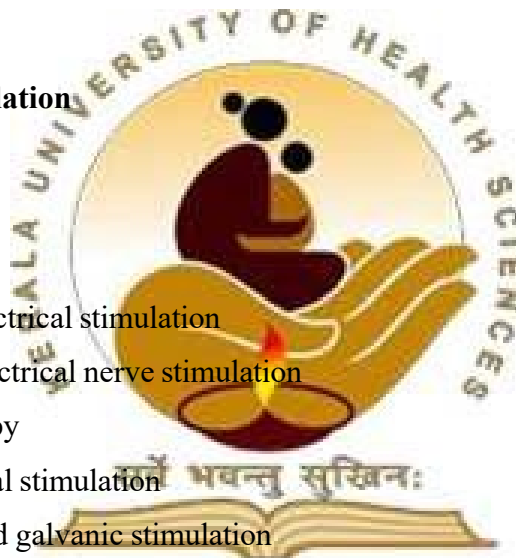
Unit

1. Laser
2. Ultra violet radiation

Part IV. Electrical Stimulation

Modalities Unit

1. Faradic current
2. Galvanic current
3. Neuromuscular electrical stimulation
4. Transcutaneous electrical nerve stimulation
5. Interferential therapy
6. Functional electrical stimulation
7. High voltage pulsed galvanic stimulation
8. Didynamic currents
9. Russian currents
10. Micro current therapy
11. Low intensity alternating current
12. Rebox
13. Ionotoporesis



Part V. Mechanical Modalities

Unit

1. Traction
2. Compression
3. Hydrotherapy

Part VI. Recent Advances in Electrotherapy

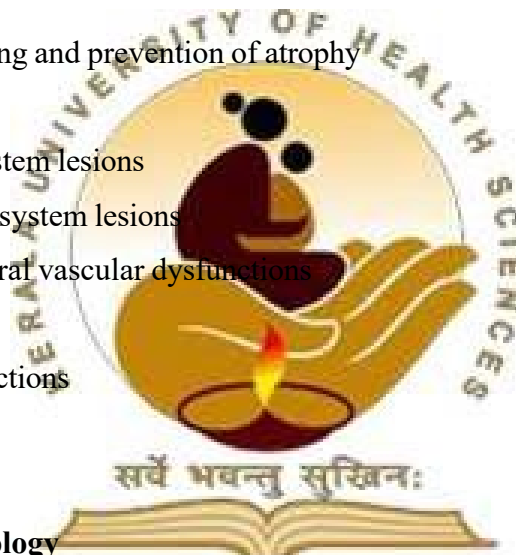
Unit

1. Shock wave therapy
2. Combination therapy
3. Long wave diathermy
4. Magneto therapy
5. Pulsed Electromagnetic Field Therapy (PEMF)

Part VII. Evidence Based Clinical Application of Electrotherapeutics

Unit

1. Pain
2. Muscle strengthening and prevention of atrophy
3. Muscle spasm
4. Central nervous system lesions
5. Peripheral nervous system lesions
6. Edema and peripheral vascular dysfunctions
7. Wound healing
8. Pelvic floor dysfunctions
9. Obesity



Module IV Electrophysiology

Part I Foundational Concept

Unit

1. Historical perspective
2. Terminology
 - Electro diagnosis
 - Electro neuromyography (ENMG)
3. Effectiveness of electrical stimuli

Part II Basic Physiology of Nerve and Muscles

Unit

1. Membrane physiology
2. Muscle physiology

3. Nerve physiology
4. Physiological variables affecting electrophysiological tests

Part III Instrumentation

Unit

1. Components of electro diagnostic apparatus
2. Technical variables

Part IV Principles of Electro Physiological Techniques

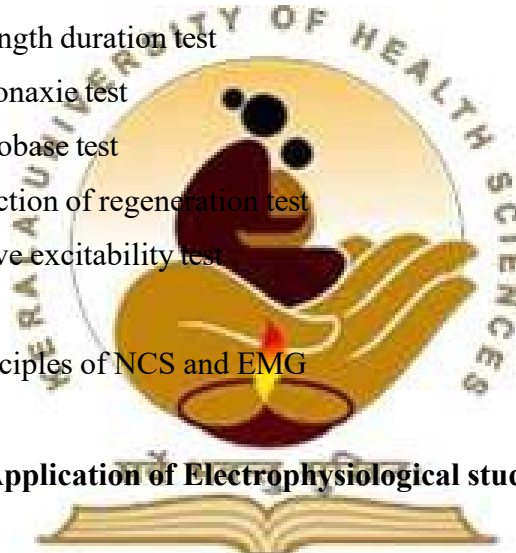
Unit

1. Traditional methods

- Faradic galvanic test
- Strength duration test
- Chronaxie test
- Rheobase test
- Reaction of regeneration test
- Nerve excitability test

2. Recent Methods

- Principles of NCS and EMG



Part V Evidence Based Application of Electrophysiological studies in Physiotherapy

Unit

1. Kinesiological electromyography
2. EMG biofeedback
3. Application of traditional and contemporary techniques in Physiotherapy
4. Common parameters used in Physiotherapy research

Paper III MUSCULOSKELETAL AND SPORTS PHYSIOTHERAPY

This paper consists of 3 Modules:

- **Musculoskeletal Anatomy, Physiology and Clinical conditions**
- **Physical and functional assessment**
- **Physiotherapy interventions**

Module I Musculoskeletal Anatomy, Physiology and Clinical conditions

Part I Fundamentals in Musculoskeletal and Sports

Unit 1

1. Embryological development, Growth & maturation of musculoskeletal system
2. Anatomy, Physiology and applied anatomy of musculoskeletal system
3. Applied biomechanics, Kinesiology and pathomechanics of bones, joints & soft tissues
4. Sports Specific Biomechanics -Biomechanics of rowing, throwing, swimming, jumping and landing, running and other sports.
5. Basic exercise physiology - Physiological responses and adaptations to Exercise in nervous system, musculoskeletal, cardio respiratory and endocrine systems.
6. Healing of muscle, tendon and ligament injuries

Unit 2

Anatomy of certain diseases

- Infections of the hand
- Common dislocations
- Lesions of Supraspinatus and Subdeltoid Bursae
- Hernias associated with sports persons
- Low back pain
- Sciatica
- Lesions of inter-vertebral disc
- Abscesses of Spine



Part II Clinical Orthopedics and Sports

Unit

1. General musculoskeletal disorders

- Congenital malformations & deformities
- Developmental disorders of bone
- Infections of bone & joints
- Tumors of the musculoskeletal system
- Neuro muscular disorders

- Nerve injuries
- Fibromyalgia and chronic pain syndromes
- Soft tissue injuries including burns
- Spinal deformities
- Metabolic and endocrine disorders
- Degenerative joint disorders & arthritis
- Regional conditions of upper, lower limb & spine
- Amputation

2. Fractures and Dislocations

- Introduction to fractures of bone & joints and classification of fractures
- Introduction to dislocation & recurrent dislocations of Joints
- Fractures & dislocations of upper limb
- Fractures & dislocations of lower Limb
- Fractures & dislocations of spine
- Fractures of pelvis

3. General principles of Orthopaedic surgery

- Arthrodesis
- Osteotomy
- Arthroplasty
- Bone grafting
- Internal and external fixations
- Distraction and limb reconstruction
- Correction of bone deformities and joint contractures.
- Tendon transfers
- Nerve suturing and grafting.
- Wound debridement
- Orthopaedic implants



4. Clinical Conditions related to sporting emergencies:

Injuries of:

- Head, face and neck
- Shoulder, elbow, forearm, wrist and hand
- Spine and Ribs
- Internal (Abdominal/Thoracic)
- Hip, thigh, knee, lower leg, ankle and foot

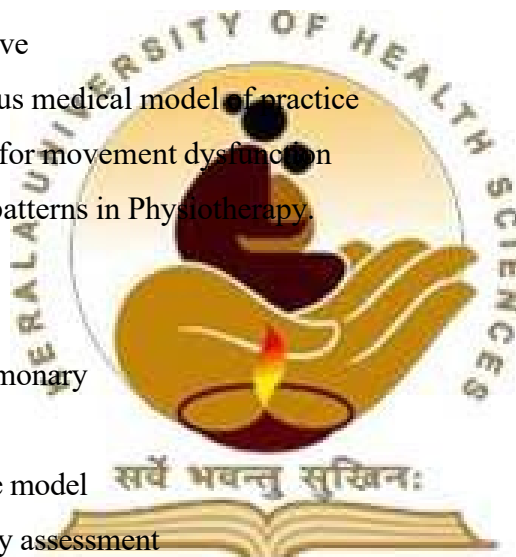
- Epiphysis
- Skeletally immature athletes, female athletes and differently abled
- Injuries to Athletes in various age groups
- Injuries Related to Specific Sports - E.g. Foot Ball, Volley Ball, Basket Ball, Swimming etc.

Module II Physical and functional Assessment

Unit

I. Introduction to Physiotherapy Assessment

- Purpose and need for Physiotherapy assessment
- Role of assessment in monitoring progress and outcomes
- Interdisciplinary collaboration in assessment
- Historical perspective
- Physiotherapy versus medical model of practice
- Various categories for movement dysfunction
- Preferred practice patterns in Physiotherapy.
- Musculoskeletal
- Neuromuscular
- Cardiovascular/pulmonary
- Integumentary
- Today's health care model
- Pre and post surgery assessment
- SOAP format



II. Influence of Psychological Factors on Rehabilitation

- Psychological adaptation
- Personality and coping styles
- Common defense reactions to disability
- Anxiety
- Acute stress disorder and post traumatic stress disorder
- Depression
- Substance abuse
- Agitation and violence
- Hypersexuality
- Psychosocial wellness

- Wellness in rehabilitation
- Integrating psychosocial factors into rehabilitation
- Suggestions for rehabilitative interventions

III. Influence of Values on Patient Care; Foundation for Physiotherapy assessment

- Process of assessment
- Values and valuing
- Code of ethics
- The values of patient as a factor in care
- The influence of the values on the primary goal of patient care
- Value – Laden situation in rehabilitation

IV. Examination of Functional Status and Activity Level

- A conceptual framework
- Examination of function
- Response formats
- Interpreting test results
- Selected instruments assessing physical function
- Multidimensional functional assessment instruments

V. Examination of Environment

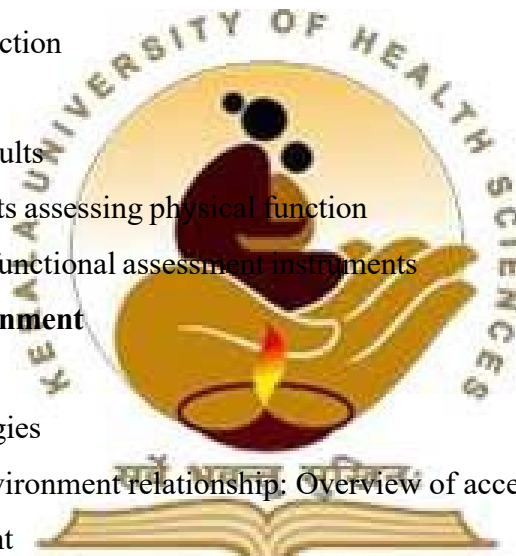
- Purpose
- Examination strategies
- Patient – Home environment relationship: Overview of access, usability and safety
Adaptive equipment
- Assistive technology Examination of the workplace Community access Documentation
- Funding for environmental modifications Legislation

VI. Guideline for Physiotherapy Documentation

- Introduction
- Documenting the examination
- Documenting the evaluation
- Documenting the plan of care
- Application of documentation skills

VII. Disablement and Enablement Concepts for Physiotherapy Research and Practice

- Traditional model
- Consequences of disease model
- NAGI model



- International Classification of Impairments Disability and Handicap Model (ICIDH – 1)
- National Center for Medical Rehabilitation Research Model 1 &2 (NCMRR)
- Components of Health
- International Classification of Functioning, Disability and Health (ICF / ICIDH - 2)

VIII. ICF Coding

- History and development of the ICF
- The ICF and the WHO family of international classifications
- Components of the ICF
- ICF coding
- Benefits of Using ICF

IX. Evidence Based Practice

- Principles of evidence-based Physiotherapy practice
- Elements of evidence
- Appraising the evidence
- Evidence in practice

X Musculoskeletal and sports Assessment

(A) General Orthopaedic Physiotherapy assessment procedures which includes, Demographic data collection, History, Observatory, Palpatory & examination findings which includes the assessment of pain, Motor examination, Joint laxity, Sensory examination, Posture, Balance and Gait evaluation and Other relevant system E.g. Cardio respiratory / Neurological examination methods along with disease specific / joint specific / soft tissue specific tests assigned according to its sensitivity & specificity and obtaining a Physiotherapy assessment), Functional assessment and Psycho-social assessment

(B) Basic skills of physical & functional and sports specific assessment of various sports injuries

1. Pre participation evaluation

2. Orientation to investigatory procedures in Orthopedics and Sports

- Basics of X-ray and views taken
- Basics of CT Scan
- Basics of MRI Scan
- Basics of biopsy procedures
- Basics of critical care Investigatory procedures
- Basics of electromyography & interpretation
- Basics of isokinetic testing

- Fluoroscopic Examination
- Ultrasonography
- DEXA (dual x-ray absorptiometry) scans

Module III Physiotherapy Interventions

Part I Fundamental concept

Unit

- **Basic Skills in Orthopaedic Physiotherapy evaluative procedures**
- **Physical assessment including relevant investigations of musculoskeletal System and appropriate outcome measures.**
- **Evidence based practice**

Part II Physiotherapy Management Procedures

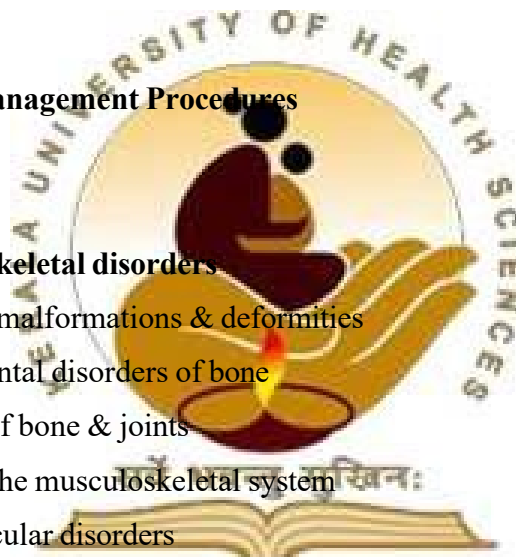
Unit

1. General musculoskeletal disorders

- Congenital malformations & deformities
- Developmental disorders of bone
- Infections of bone & joints
- Tumors of the musculoskeletal system
- Neuro muscular disorders
- Nerve injuries
- Soft tissue injuries including burns
- Fibromyalgia and chronic pain syndromes
- Spinal deformities
- Metabolic and endocrine disorders
- Degenerative joint disorders & arthritis
- Regional conditions of upper, lower limb & spine
- Amputation

2. Fractures & Dislocations

- Temporomandibular joint(TMJ) dislocation
- Fractures & dislocations of upper limb



- Fractures & dislocations of lower Limb
- Fractures & dislocations of spine
- Fractures of pelvis

3. Importance of orthosis, prosthesis & mobility aids in musculoskeletal problems

- Orthoses & mobility aids – materials, designs and biomechanical compatibility.
- Applied mechanics in the application of prostheses
- Mobility aids assessment including measurement
- Wheelchair assessment
- Procedures in prosthetic & orthotic fabrication of temporary splints for face, trunk, upper & lower Limb for support, prevention of deformities & Functional training.

4. Special approaches in Musculoskeletal and Sports physiotherapy:

- Physiological and accessory movements, biophysics of contractile and non contractile tissues , response to mechanical loading .
- History of manual therapy: Overview of various manual therapy approaches for all the skeletal joints, Maitland, McKenzie, Kalenborne, Butler's neural mobilization, Cyriax etc.
- Principles and application of different soft tissue mobilizations like Myofascial Techniques, Muscle Energy Technique etc.
- Pilates-school of thought, Chiropractic school of thought, Osteopathic school of thought
- Yoga Based Therapeutics
- Joint manipulation -peripheral joints and vertebral joints.
- Neuromuscular Taping techniques
- Advances in the field of manual medicine
- Proprioceptive Neuromuscular Facilitation Techniques
- Soft tissue and Sports massage
- Core stability exercises – Pilates, Swiss ball exercises, Stabilization exercises
- Therapeutic exercise prescription
- Plyometric training
- Eccentric muscle training
- Proprioceptive training
- Muscle training and conditioning program
- Stretching



- Principles of injury prevention
- Athletic emergency care and first aid
- Protective and supportive equipments
- Individualized treatment programmes, protocols, preventive exercises, conditioning exercises, taping and wrapping techniques used for sports specific injuries

5. Special topics

- Classification of sports specific injuries and its management
- Community based rehabilitation for musculoskeletal disorders
- Ergonomics in musculoskeletal dysfunctions with special emphasis to industrial safety.
- Understanding of disability & its compensation strategies
- Emergency care & musculoskeletal therapeutics
- Role of Physiotherapist as a member in disaster management team.
- Recent advances in pain evaluation & physiotherapy management.
- Team Approach of Physiotherapy management In poly trauma
- Home program & counseling of care givers
- Nutrition, pharmacology and psychology in sports
- Sports specific fitness training
- Ergonomics for sports
- Fitness testing and evaluation
- Fitness programming for healthy adults and special population



The concept of health care counseling shall be incorporated in all relevant areas.

2.7 Total number of hours

Total number of hours will be 3240 hours during the two years of study.

2.8 Branches if any with definition

2.9 Teaching learning methods

Teaching learning methods will include class room lectures, practical and laboratory demonstrations, and bed side clinical demonstrations by qualified faculty and self directed learning by the students through assignments, seminar and case presentations and project

works under the faculty guidance.

2.10 Content of each subject in each year

As in 2.6 above

2.11 No: of hours per subject

Paper	Teaching and Learning Methods	Weekly class hours	Total hours
Paper I: Applied Basic Sciences	Lectures	2	180
Subjects:	Seminars	2	180
1. Bio Statistics and Research Methodology	Practicals and Demonstrations	4	360
2. Biomechanics and Pathomechanics	Clinical Discussions	2	180
3. Ergonomics	Clinical Case Presentations	2	180
4. Nutrition and Exercise Physiology	Journal Club	2	180
Paper II: Physiotherapeutics	Class room teaching	1	90
Subjects:	Library	3	270
1. Manual therapy	Clinical Training	15	1350
2. Exercise therapy			
3. Electro therapy			
4. Electrophysiology			
Paper III Musculoskeletal and sports Physiotherapy			
Subjects:			
1. Anatomy and Physiology			
2. Clinical condition			
3. Physiotherapy assessment			
4. Foundational concepts and condition management			
5. Special techniques			
Synopsis & Dissertation work			210
Community Camps, Field Visits, Participation in Workshops & Conferences		3	60
TOTAL HOURS		36	3240

2.12 Practical training

Practical training should be imparted under laboratory conditions for the basic science subjects with emphasis on carrying out the experiments and tests through demonstration by relevant faculty and repeated practice by the students. For physiotherapy assessment and treatment techniques these should be first demonstrated on human models and the students should practice on human models repeatedly until proficiency is gained. Later the techniques should be demonstrated on patients during bed side clinics and the students are encouraged to carry out the techniques on patients under supervision of faculty.

2.13 Records

In all subjects with practical components meticulous records should be kept regarding the topic of the practical training, procedure, materials and methods used, results and outcomes. The records should be submitted for inspection during practical or viva examination.

2.14 Dissertation:

As per Dissertation Regulations of KUHS

2.15 Specialty training if any

2.16 Project work to be done if any

Not applicable

2.17 Any other requirements [CME, Paper Publishing etc.]

All students should attend at least two CME program each year preferably conducted in their own institution and two other conferences/workshops.

2.18 Prescribed/recommended textbooks for each subject Bio statistics, Research methodology

1. Rehabilitation Research: Principles and Applications by Elizabeth Domholdt (Elsevier Science Health Science Div, 2004)



Biomechanics and Pathomechanics

1. Basic biomechanics of the musculoskeletal system by Margareta Nordin and Victor H. Frankle, 2nd edition (Lea and Febiger)
 2. Kinesiology of the Human Body: Under Normal and pathological condition by Arthur Steindler, 5th edition (Charles C Thomas, 1977)
 3. Joint Structure & Function :A comprehensive analysis by Cynthia C Norkin, Pamela K Levangie (Jaypee Brothers, 2006)
 4. Brunnstrom's Clinical Kinesiology by Laura K. Smith & Don Lehmkuh, 5th edition (F A Davis, 1996)
 5. The Physiology of the Joints by Kapandji & Matthew J Kendel (Churchill Livingstone, 2008)
 6. Clinical Biomechanics of the Spine by Augustus A White & Manohar M Panjabi, 2nd Edition (Lippincott Williams & Wilkins; 1990)
 7. Kinesiology :The mechanics and Pathomechanics of Human Movement by Carol Oatis (Lippincott Williams & Wilkins; 2008)
- Kinesiology: Application to pathological motion by Soderberg, 2nd Edition (Wiliams & Wilkins, 1997)

Ergonomics

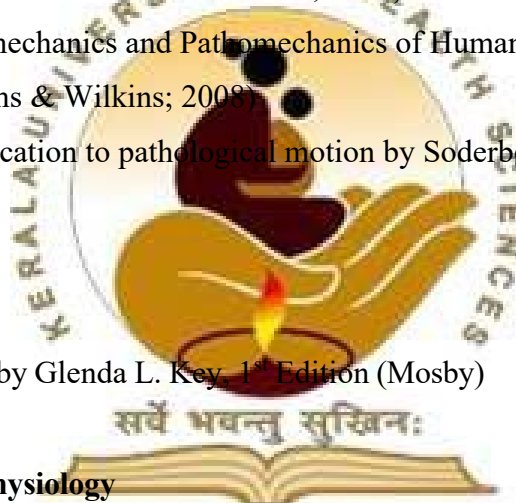
1. Industrial Therapy by Glenda L. Key, 1st Edition (Mosby)

Nutrition and Exercise physiology

1. Exercise Physiology by Mc Ardle, Katch & Katch (Lippincott Williams and Wilkins, 2000)
2. Exercise Physiology: Exercise, Performance, and Clinical Applications by Robert A. Roberts and Scott O Roberts William C Brown, 1997)
3. Clinical Exercise Testing and Prescription Theory and Applications by Scott O. Roberts, Peter Hanson (C RC Press, 1997)

Manual Therapy

1. Grieve's modern manual therapy: The vertebral column By Jeffrey Boyling and Grad Dip Man Ther (Churchill Livingston)
2. Concern manual therapy books



Exercise Therapy

1. Therapeutic Exercise: Treatment Planning for Progression by Francis E. Huber, Christly. Wells (W.B. Saunders Company, 2006)
2. Therapeutic Exercise: Foundations and Techniques by Carolyn Kisner and Lynn Allen Colby (W.B. Saunders Company, 2007)
3. Therapeutic Exercise, Moving Towards Function by Carrie M. Hall and Lori Thein Brody (Lippincott Williams & Wilkins, 2004)

Electrotherapy

1. Integrating physical agents in rehabilitation by Bernadette Hecox and John Sanko, 2nd edition (Pearson prentice hall 2006)
2. Physicals agents in rehabilitation: from research to practical by Michell H. Cameron, 2nd edition (Saunders and Elsevier, 2003)
3. Therapeutic Modalities for Allied Health Professionals by William E. Prentice and Frank Underwood (McGraw-Hill, 1998)

Electrophysiology

1. Electromyography in clinical practice by Michael J. Aminoff, 3rd edition (Churchill Livingstone)
2. Clinical neurophysiology by UK Misra and Kalita, 2nd edition (Churchill Livingstone)
3. Electro diagnosis in diseases of nerve and muscle: Principles and practice by Jun Kimura (Oxford university press)
4. The ABC of EMG: A practical introduction to Kinesiological electromyography by Peter Conrad (Noroxon Inc. USA 2005)
5. Integrating physical agents in rehabilitation by Bernadette Hecox and John Sanko, 2nd edition (Pearson prentice hall 2006)

Clinical Orthopedics and Sports

1. Essentials of Orthopedics for Physiotherapists by John Ebenezer – Jaypee Publications
2. Practical Fracture Treatment by Ronald McRae, Max Esser – Churchill Livingston
3. Oxford Textbook of Orthopaedic & Trauma by Christopher Bulstrode, Joseph Buckwalter – Oxford University Press
4. Campbell's operative orthopedics. - By S. Terry Can ale, James H. Beaty - Mosby
5. Fractures & joint injuries By Watson Jones – Churchill Livingston

6. Clinical Orthopaedic Examination by Ronald McRae – Churchill Livingstone
7. Daniels and Worthingham's muscle testing: Techniques of manual examination By Helen J Hislop, Jacqueline Montgomery Barbara – Elsevier
8. Muscles – Testing and Function by Florence Peterson Kendall – Lippincott
9. Joint Range of Motion and Muscle length testing By Nancy Berryman Reese - Saunders
10. Orthopedic Physical Assessment, By David J. Magee, PhD, BPT - Saunders
11. Illustrated Orthopedic Physical Assessment, 3e By Ronald C. Evans, - Mosby
12. Diagnostic Imaging for Physical Therapists by James Swain, Kenneth W. Bush, and Juliette Brosing – Elsevier
13. Differential Diagnosis for Physical Therapists: Screening for Referral, By Catherine C. Goodman, and Teresa Kelly Snyder – Saunders
14. Gait Analysis : Theory And Application By Rebecca Craik and Carol A Oatis – Mosby

Physical and functional assessment

1. American physical therapy association: Guide to physical therapy practice, 2nd edition 2001.
2. Physical rehabilitation (4& 5th edition) by Susan B O Sullivan and Thomas J Schmitz. (Jaypee publication)
3. International Classification of Functioning, disability and health: Short version. (IT'S Publication)
4. Professionalism in physical therapy: History, Practice and Development by Laura Lee Swisher and Catherine G. Page, (Elsevier publication 2005)
5. Effective Documentation for Physical Therapy Professionals, by Eric Shamus and Debra (McGraw Hill company 2004)
6. Physical therapy Documentation: From examination to outcome by Mia Erickson, Ralph Utzman (Slack incorporated 2008)
7. Writing SOAP Notes with Patient / Client management Formats by Ginge Kettenbach, Ph. D., PT, 3rd Edition, 2004 ,F.A. DAVIS COMPANY. Philadelphia
8. Practical Evidence-Based Physiotherapy Rob Herbert, Gro Jamtvedt, Judy Mead, Kare Birger Hagen Elsevier Butter worth Heinemann; Oxford UK (2005)
9. Guide to Evidence-Based Physical Therapy Practice by Dianne V. Jewell, PT, PhD, Virginia Commonwealth University, Virginia
10. Concern Specialty books for physical therapy assessment and outcome measures

Physiotherapy Interventions

1. Skeletal Growth and development: Clinical issues and basic science advances. The Symposium Series by Joseph A Buckwalter – AAOS
2. Introduction to Physical Therapy, By Michael A. Pagliarulo - Mosby
3. Kinesiology: The mechanics and Pathomechanics of Human Movement by Carol A Oatis - Lippincott
4. Cash Text Book for Orthopedics and rheumatology for physiotherapist by John Elizabeth Cash & Patricia A Downie – Lippincott
5. Joint Mobilization / Manipulation: Extremity and Spinal Techniques by Susan L Edmond – Mosby
6. Foundations of Chiropractic by Meridel I Gatterman – Mosby
7. Grieve's Modern Manual Therapy: The Vertebral Column, By Jeffrey Boyling and Gwendolen Jull – Churchill Livingstone
8. Kinesiology of the Musculoskeletal System: Foundations for Rehabilitation, By Donald A. Neumann, PhD, PT – Mosby
9. Maitland's Peripheral Manipulation, By Elly Hengeveld, and Kevin Banks, - Butterworth- Heinemann
10. Maitland's Vertebral Manipulation, By Geoff D. Maitland, - Butterworth- Heinemann
11. Hand and Upper Extremity Rehabilitation: A Practical Guide, By Susan L. Burke, - Churchill Livingstone
12. Manual Therapy for the Peripheral Nerves By Jean-Pierre Barral, DO(UK) and Alain Croibier, Osteopathe DO, MRO (F) – Churchill Livingstone
13. Neuromuscular Rehabilitation in manual and physical therapies: Principles and Practice by Eyal Lederman – Churchill Livingstone
14. Orthopaedic Physical therapy Secrets by Jeffrey D Place - Elsevier
15. Principles and Practice of orthopedics and sports medicine by Garret
16. A Physiotherapist's Guide to Clinical Measurement by John Edward Fox, and Richard Jasper Day – Elsevier
17. Orthotics and Prosthetics in Rehabilitation, By Michelle M. Lusardi, PhD, PT and Caroline C. Nielsen, PhD - Butterworth-Heinemann
18. Clinical Application of Neuromuscular Techniques: The Upper Body by Leon Chaitow, and Judith DeLany, - Elsevier
19. Handbook of Postsurgical Rehabilitation Guidelines for the Orthopedic Clinician By Hospital for Special Surgery – Mosby

20. An Illustrated Guide to Taping Techniques – Principles & Practice By Thomas John Hewetson – Mosby
21. Paraplegia & Tetraplegia A Guide for Physiotherapists by Ida Bromley – Churchill Livingstone
22. Therapeutic exercises using swiss ball By Caroline Corning Creager – Executive Physical therapy
23. Manual Mobilization of the Joints – The Kaltenborn Method Volume I, II By Freddy Kaltenborn
24. Treat your own Back by Robin McKenzie
25. Treat your own Neck by Robin McKenzie
26. Cervical and Thoracic spine : Mechanical Diagnosis & Therapy Vol I & II By Robin McKenzie
27. The Lumbar Spine: Mechanical Diagnosis & Therapy Vol I & II By Robin McKenzie
28. The Human Extremities: Mechanical Diagnosis & Therapy by Robin McKenzie
29. Manual Therapy by Brian R Mulligan
30. Clinical Orthopaedic Rehabilitation by S Brent Brotzman
31. Treatment and rehabilitation fractures by Vasantha L Moorthy & Stanley Hoppenfield - Lippincott
32. Physiotherapy for Amputees: The Roehampton Approach by Barbara Engstrom – Churchill Livingstone
33. Textbook of orthopedic medicine Vol I & II by James Cyriax - Bailliere
34. Orthopedic Sports Medicine, Delee Drez Miller, 3rd edition: 2009, Saunders Elsevier
Sports Physiotherapy, Maria Zuluaga, Christopher Briggs, John Carlisle.
35. Sports Injury Assessment and Management, David C Reid.
36. Orthopedic and sports physical therapy, Terry R. Maccone: 3rd edition, 1997: Mosby.
37. Post surgical orthopedic sports rehabilitation knee and shoulder , Robert C. Maske: 2006: Mosby Elsevier.
38. Sports injuries diagnosis and management , Christopher N. Norris: 2nd & 3rd edition: 1998: BH.
39. Sports medicine secrets, Hanley and Belfers, 2nd edition: 2001: Jaypee.
40. Sports injuries prevention and their treatment, Lass Peterson: 1st edition: 2001: Martin Dunitz.
41. Sports medicine problem and practical management, Eugene Sherry, 1st edition: 1997: GMM.

42. Exercise and sports science, Garrett, Kirkendall: 2000: Lippincott Williams and Wilkins.
43. ACSM'S essentials of sports medicine, Robert E. salhi, fredy massimino: 1997: Mosby.
44. Sports medicine in primary care , Rob jonson M.D: 2000: saunders company.
45. Documentation for Rehabilitation: A Guide to Clinical Decision Making, By Lori Quinn, and James Gordon – Saunders

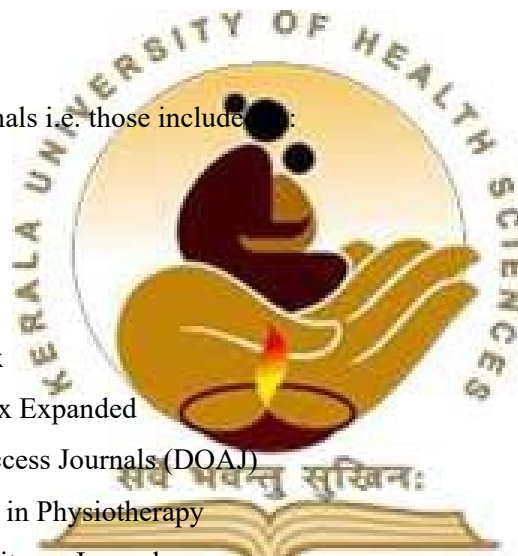
2.19 Reference books

Same as 2.18

2.20 Journals

NCAHCP accepted journals i.e. those include :

- 1 i Medline
- 3 ii. PubMed Central
- 4 iii. Embase
- 5 iv. Scopus
- 6 v. Science Citation Index
- 7 vi. Science Citation Index Expanded
- 8 vii. Directory of Open Access Journals (DOAJ)
- 9 Scopus Indexed Journals in Physiotherapy
- 10 1. ACSM's Health and Fitness Journal.
- 11 2. Acute Pain
- 12 3. Advances in Medical Sciences
- 13 4. American Journal of Physical Therapy and Rehabilitation
- 14 5. Archives of Osteoporosis
- 15 6. Biology of Sport
- 16 7. Canadian Journal of Respiratory Therapy
- 17 8. Clinical Journal of Sports Medicine
- 18 9. Clinical Rehabilitation
- 19 10. European Journal of Pain Supplements
- 20 11. European Journal of Sport Science
- 21 12. European Review of Aging and Physical Activity.
- 22 13. Exercise and Sport Sciences Reviews
- 23 14. Family and Community Health
- 24 15. Foot and Ankle Clinics
- 25 16. Foot and Ankle International



- 26 17. International Journal of Adolescence and Youth
- 27 18. International Journal of Diabetes in Developing Countries
- 28 19. International Journal of Physiotherapy and Rehabilitation
- 29 20. Journal of Exercise Science and Fitness
- 30 21. Journal of Men's Health.
- 31 22. Journal of Musculoskeletal Research
- 32 23. Journal of Strength and Conditioning Research
- 33 24. Journal of Stroke and Cerebrovascular Disease
- 34 25. Medicine and Science in Sports and Exercise
- 35 26. Neurorehabilitation and Neural Repair.
- 36 27. Obesity and Weight Management
- 37 28. Obesity Research and Clinical Practice
- 38 29. Online Journal of Health and Allied Sciences
- 39 30. Pain Research and Management
- 40 31. Physical and Occupational Health in Geriatrics
- 41 32. Physiotherapy Singapore
- 42 33. Sports Biomechanics (International Society of Biomechanics in Sports)
- 43 34. Sports Medicine and Arthroscopy Review
- 44 35. Strength and Conditioning Journal
- 45 36. The Foot
- 46 37. The Journal of Head Trauma Rehabilitation
- 47 38. The Open Pain Journal
- 48
- 49 Indexed Journals for Thesis Publications
- 50 Research papers should be published in journals indexed in any of the following recognized
- 51 databases to ensure the credibility and visibility of the research:
- 52 A. Internationally Recognized Indexing Databases
- 53 a. PubMed
- 54 b. Scopus
- 55 c. Web of Science
- 56 d. Google Scholar
- 57 e. IEEE Xplore
- 58 f. Medline
- 59 g. Embase
- 60 h. ProQuest
- 61 a. CINAHL
- 62 j. BIOSIS Previews
- 63 k. DOAJ (Directory of Open Access Journals)
- 64 l. Index Copernicus

B. Nationally and Regionally Recognized Indexing Database

- 65 a. Indian Citation Index
- 66 b. J Gate
- 67 c. MedIND
- 68 d. UGC (University Grants Commission)
- 69 e. Indian Science Abstracts
- 70 f. CAB Abstracts
- 71 g. EBSCO
- 72 h. CAS (Chemical Abstracts Service)

2.21 Logbook

Every student shall maintain a record of skills (Log book) he/she has acquired during each year of training period certified by the various heads of the department where he/she has undergone training. The Head of the department shall scrutinize the log book once in every three months. At the end of each year, the candidate should summarize the contents and get the log book certified by the Head of the Institution.

3. EXAMINATIONS

3.1 Eligibility to appear for exams

There shall be 80% attendance in theory and practical/clinical separately to appear for the University examination. The candidate must secure the minimum marks of 50% in internal assessment in theory and practical in a particular subject in order to be eligible to appear in the university examination of the subject.

3.2 Schedule of Regular/Supplementary exams

There will be two examinations in a year (regular and supplementary), to be conducted as per notification issued by university from time to time.

Supplementary examination shall be conducted by the university for the benefit of unsuccessful candidates. The supplementary examination shall be conducted within six months from the date of publication of results of regular examination.

3.3 Scheme of examination showing maximum marks and minimum marks

SUBJECT	THEORY		THEORY INTERNAL		PRACTICAL		PRACTICAL INTERNAL		VIVA		TOTAL	
	Max Marks	Min. Marks	Max Marks	Min. Marks	Max Marks	Min. Marks	Max Marks	Min. Marks	Max Marks	Min. Marks	Max Marks	Min. Marks
Paper I Applied Basic Sciences	100	50	50	25	***	***	***	***	***	***	150	75
Paper II Physiotherapeu tics	100	50	50	25	100	50	50	25	50	25	350	175
Paper III Musculoskelet al and Sports Physiotherapy	100	50	50	25	100	50	50	25	50	25	350	175
Dissertation	APPROVED/NOT APPROVED								100	50	100	50

3.4 Papers in each year

As in 3.2

3.5 Details of theory exams

Question paper pattern for MPT theory examination

Subjects having maximum marks = 100		
Type of question	Number of questions	Marks for each question
Structured Essays	2	20
Brief structured essay	10	6

BROAD GUIDELINES

Paper		Subjects	Distribution of marks	Total marks
Paper I Applied Basic Sciences	1	Bio Statistics and Research Methodology	30	100
	2	Biomechanics and Pathomechanics	30	
	3	Ergonomics	10	
	4	Nutrition and Exercise Physiology	30	
Paper II Physiotherapeutics	1	Manual therapy	25	100
	2	Exercise therapy	25	
	3	Electro therapy	25	
	4	Electrophysiology	25	
Paper III(Speciality) Physiotherapy assessment	1.	Anatomy and Physiology	15	100
	2.	Clinical Orthopaedics and Sports	15	
	3.	Physical and functional diagnosis	30	
	4.	Physiotherapy interventions	40	

Structured Essay should be explanatory and brief structured Essay should be descriptive.

3.6 Model question paper for each subject with question paper pattern

MASTER OF PHYSIOTHERAPY (MPT) DEGREE FINAL EXAMINATION

PAPER I – APPLIED BASIC SCIENCES

Q.P. Code:

Time: Three Hours

Maximum: 100 marks

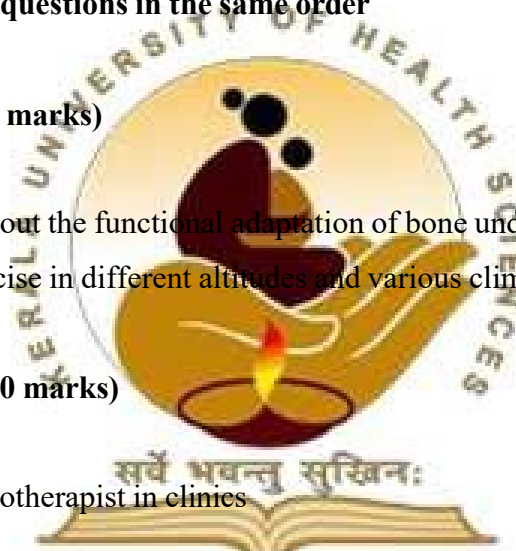
Answer ALL questions in the same order

I. Long Essay (2 x 20 = 40 marks)

1. Explain in detail about the functional adaptation of bone under pathological conditions.
2. Discuss about exercise in different altitudes and various climatic conditions.

II. Short notes: (10 x 6 = 60 marks)

1. Back care for physiotherapist in clinics
2. Job analysis
3. Energy expenditure during walking and running
4. Ergonomic modifications for a software professional
5. DOMS
6. Plyometrics
7. Pre-competition meal
8. Hallux valgus
9. Methods of sampling
10. Hypothesis testing



MASTER OF PHYSIOTHERAPY (MPT) DEGREE FINAL EXAMINATION
PAPER II – PHYSIOTHERAPEUTICS

Q.P. Code:

Time: Three Hours

Maximum: 100 marks

Answer ALL questions in the same order

I. Long Essay (2 x 20 = 40 marks)

1. Describe the types of Mckenzie's syndromes, use of repeated movements in Mckenzie's method of spinal examination and explain the treatment principles for derangement syndrome
2. Explain in detail the neurophysiological principles and treatment principles of proprioceptive neuromuscular facilitation techniques. Describe about various proprioceptive neuromuscular facilitation techniques to improve stability

II. Short notes (10 x 6 = 60 marks)

1. Neural mobilization
2. EMG changes in peripheral neuropathies
3. Principles of Muscle Energy Techniques
4. Concave-convex rule and its importance in manipulation
5. Russian currents
6. Iontophoresis
7. Pain assessment
8. Functional Electrical Stimulation
9. Skin fold measurement
10. Close pack and loose pack position



MASTER OF PHYSIOTHERAPY (MPT) DEGREE FINAL EXAMINATION

PAPER III – MUSCULO SKELETAL & SPORTS PHYSIOTHERAPY

Q.P. Code:

Time: Three Hours

Maximum: 100 marks

Answer ALL questions

I. Long Essay (2 x 20 = 40 marks)

1. Physiotherapy evaluation of low back pain. Discuss about its differential diagnosis in detail.
2. 26 year old male foot ball player underwent ACL reconstruction with patellar graft. Prescribe a planned physiotherapy protocol.

II. Short notes (10 x 6 = 60 marks)

1. Cryotherapy in sports
2. Principles of aerobic fitness training.
3. Tendon gliding exercises in Carpal tunnel syndrome
4. DAPRE technique
5. Preparation of a sports physiotherapist when traveling with team.
6. Core stability exercises
7. Different mechanisms of sports injury.
8. Management of Thoracic Kyphosis
9. Special test for neck pain
10. Mckenzie approach for Low Back Pain



3.7 Internal assessment component

- a. There shall be a minimum of 3 periodic assessments, for theory and practical including viva separately, of which the final one shall be in the KUHS pattern and is mandatory.
- b. Average of the marks of the KUHS pattern examination and the best out of the remaining periodical assessments shall be taken as internal assessment mark of the candidate
- c. The class average of internal assessments mark of theory and practical should not exceed 75% of Maximum marks
- d. The class average of internal assessment for an examination shall be calculated based on the total number of candidates in a particular batch appearing for that internal assessment examination.
- e. The candidate must secure the minimum marks of 50% for internal assessment in theory, practical and viva voce in a particular subject order to be eligible to appear in the university examination of the subject

3.8 Details of practical/clinical practicum exams

PRACTICAL 1 - PHYSIOTHERAPEUTICS

(Practical exam is emphasized only on Exercise, Electrotherapy and Manual Therapy)

- One long case - 60 marks
- One short case - 40 marks
- Viva - 50 marks

PRACTICAL 2 – Musculoskeletal and Sports Physiotherapy

(Practical exam is emphasized only on Physiotherapy assessment and Interventions)

- One long case - 60 marks
- One short case - 40 marks
- Viva - 50 marks

3.9 Number of examiners (Internal & External) and their qualifications

There will be two examiners for each subject where practical/ or viva to be conducted. One examiner (INTERNAL EXAMINER) is preferably from the same institution or as decided by the KUHS and the other examiner will be from another university

(EXTERNAL EXAMINER). The examiners should have at least 5 years of teaching experience after post graduation.

3.10 Details of viva:

Wherever viva is prescribed the same will be conducted by the internal and external examiners appointed for practical examinations.

4 INTERNSHIP

Not applicable

5 ANNEXURES

5.1 **Check Lists for Monitoring:** Log Book, Seminar, Assessment etc. to be formulated by the curriculum committee of the concerned Institution



