

लोक सेवा आयोग  
नेपाल स्वास्थ्य सेवा, फिजियोथेरापी समूह, सातौं 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
  - 3.12

**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, malformation, injury
  - 4.2 Myocardial ischemia, infarction, heart failure, cor-pulmonale
  - 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

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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, learning disorders, 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**  
(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
  
8. **Rehabilitation in Multisystem**  
(Clinical condition and different exercises regimes, therapeutic modalities and equipments, prosthetics and orthotics used for the management of the condition)
  - 8.1 HIV/AIDS, autoimmune disease, hemophilia
  - 8.2 Fibromyalgia, chronic pain
  - 8.3 Obesity, burns
  - 8.4 Wounds/ ulcers
  - 8.5 Skin condition like dermatitis, psoriasis

## 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
  - 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

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- 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