

**Pokhara University Teaching Hospital**  
**Curriculum for Physiotherapy Assistant (Head Assistant) Level Examination**

For written Examination  
Full Marks: 65

**There shall be 3 hours written examination based on the following syllabus:**

**Group A: Written Examination**

**65 Marks**

**Section I: 10**

- 1. Human Anatomy and applied Anatomy** (Musculoskeletal system, Nervous system and cardiorespiratory system), **Human Physiology and applied physiology** (Musculoskeletal system, Nervous system and cardiorespiratory system) and **Biomechanics of different joints** (Shoulder, elbow, Wrist and hand, Hip, Knee and ankle, Articulation, Osteokinematics and arthrokinematics).

**Section II: 30**

**2. Exercise therapy**

Range of motion, MMT, Strengthening, Stretching-PNF, and exercise used in physiotherapy practice.

**3. Electrotherapy**

Application, Usage, Dosage, Indication and contraindication of Low frequency current, medium frequency current, High frequency current, Ultrasonic therapy. Shock wave, IRR, UVR, Laser, Hot and cold therapy, Hydrotherapy and Traction.

**4. Clinical condition in orthopaedics and its management**

Definition, etiology, clinical features, diagnosis and management and rehabilitation of Osteoarthritis, Rheumatoid arthritis, Frozen shoulder, Supraspinatus tendinitis, Spondylosis, Spondylolisthesis, Spinal canal stenosis, prolapsed intervertebral disc, Sciatica, Tennis elbow, Golfers elbow, Plantar fasciitis, Rehabilitation in different fracture and arthroscopic surgeries.

**Section III: 25**

**5. Clinical condition in Neurology and its management**

Definition, etiology, clinical features, diagnosis and management and rehabilitation of Stroke, Head injury, Parkinsonism, Muscular dystrophy, Myasthenia gravis, Multiple sclerosis, Foot drop and Wrist drop.

**6. Clinical condition in Cardiorespiratory and its management**

Definition, etiology, clinical features, diagnosis and management and rehabilitation of Pneumonia and Asthma, Postural drainage, ACBT and Breathing exercise.

**7. Clinical condition in Pediatric and its management**

Definition, etiology, clinical features, diagnosis and management and rehabilitation of Cerebral palsy, Delayed milestone, Autism, Down syndrome and Hydrocephalus.

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For Practical Examination  
Full Marks: 35

**Practical examination based on following syllabus:**

**Group B: Practical examination**

**35 Marks**

**1. Range of motion of Joints**

Shoulder, Elbow, Wrist and hand, Hip, Knee, Ankle and foot

**2. MMT of major joints**

Shoulder, Elbow, Wrist and hand, Hip, Knee, Ankle and foot

**3. Stretching of major muscles**

Trapezius, Biceps, Triceps, Forearm, Hamstring, Quadriceps, Gastrocnemius

**4. Progressive resistive exercise**

**5. Electrotherapy**

Application, Usage, Dosage, Indication and contraindication of Low frequency current, medium frequency current, High frequency current, Ultrasonic therapy. Shock wave, IRR, UVR, Laser, Hot and cold therapy, Hydrotherapy and Traction.

**6. Equipment used in physiotherapy practice**

Indication, contraindication and usage.

**7. Assessment of patients, History taking and physical examination**

**8. Transfer technique**

**9. General Exercise of different clinical conditions**

Osteoarthritis, Rheumatoid arthritis, Frozen shoulder, Supraspinatus tendinitis, Spondylosis, Spondylolisthesis, Spinal canal stenosis, prolapsed intervertebral disc, Sciatica, Tennis elbow, Golfers elbow, Plantar fasciitis, Stroke, Head injury, Parkinsonism, Muscular dystrophy, Myasthenia gravis, Multiple sclerosis, Foot drop, Wrist drop, Pneumonia, Asthma, Cerebral palsy, Delayed milestone, Autism, Down syndrome and Hydrocephalus.

**10. Patient Handling skills**

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