

नेपाल स्वास्थ्य सेवा, फिजियोथेरापी समूह, फिजियोथेरापिष्ट पदको प्रतियोगितात्मक लिखित  
परीक्षाको पाठ्यक्रम  
लिखित परीक्षा (Written Examination)



विषय	पूर्णाङ्क	उत्तीर्णाङ्क	परीक्षा प्रणाली		प्रश्न संख्या X अंक	समय
फिजियोथेरापी	५०	२०	विषयगत (Subjective)	छोटो उत्तर (Short Answer)  लामो उत्तर (Short Answer)	८ प्रश्न X ५ अंक  १ प्रश्न X १० अंक	१ घण्टा ३० मिनेट

फिजियोथेरापी सम्बन्धी

Section A

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

- 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
- 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

- 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

  
प्राप्त निदेशक

8.5 Skin condition like dermatitis, psoriasis



### Section D

#### 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

##### 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

पाठ्यक्रमका एकाईहरुबाट सोधिने प्रश्न संख्या निम्नानुसार हुनेछ :

#### छोटो प्रश्न

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

#### लामो प्रश्न

खण्ड	A,B,C,D
एकाई	सबै मध्येबाट
प्रश्न संख्या	1

निमित्त निदेशक