

Subject Title:	PT in Community Rehabilitation (ELECTIVE-II)
Subject Code:	1PT2020202
Year:	Second Year MPT
Pre-requisite Subject	- NONE -

Objectives of course:

1. The extension of knowledge, expertise and skills towards the Physiotherapy in Rehabilitation Sciences in improvement of professional practice.
2. It provides advanced study and reflection on practice in various Clinical Rehabilitation conditions, Mother & Child Care, Geriatrics & Health Promotion Mother and Child Care and Geriatrics & Health Promotion in the physiotherapy practice by both drawing on a student's professional experience and expertise, and extending it.

Subject Contents (150 Hours)

1 Clinical Rehabilitation conditions

1. Rehabilitation in musculoskeletal conditions, sport sciences and health promotion
2. Rehabilitation in cardio-pulmonary conditions, and health promotion
3. Rehabilitation in neurological conditions, movement & psycho-somatic disorders, pediatric conditions
4. General fitness strategies- body mass composition, assessment, obesity and weight control

2 Mother & Child Care, Geriatrics & Health Promotion Mother and Child Care

1. Applied anatomy, physiology and biomechanics related to Women's health, mother and child care.
2. Clinical decision making skill in assessment and management of dysfunction related to mother & child.
3. Anatomy of Pelvic floor-Physiological changes occurring in female during pregnancy, Physical exercises during pregnancy. -Clinical reasoning for care to be taken while performing exercises during pregnancy.
4. Prenatal /antenatal programme-Clinical reasoning for specific breathing exercises/ relaxation/ postural training/ Pelvic floor stretching & strengthening exercises.
5. Physiotherapy during labor -Post-natal exercise programme after normal labour / labour with invasive procedures , pain – musculoskeletal pain during pregnancy, pain during delivery and pain relief.
6. Maintenance of posture during pregnancy-fitness programmes and breast feeding
7. Psychological and emotional changes and coping with demands of new born.
8. Uro-genital dysfunction - P.T. management -Menopause-De-conditioning – P.T. management – Common Gynaecological surgeries- role of P.T.-Clinical reasoning for application of Electro-therapeutic measures in Obstetrics / Gynaecology.

3 Geriatrics & Health Promotion

1. Applied anatomy, physiology and biomechanics related to Aging / degenerative changes- Musculoskeletal / neuromotor / cardio respiratory / metabolic/ integumentary / sensory
2. Clinical decision making skill in assessment and management of dysfunction related to geriatric health.
3. Role of Physiotherapy in a Home for the aged- geriatric care/physiotherapy, holistic approach.
4. Fitness and Health promotion in elderly.
5. Psychosomatic approaches in management of disorders of stress, change in life-style to reduce risk factors for disability. Drug dependence and iatrogenic disorders.
6. Assistive Technology used for Stability & mobility to enhance function.
7. Describe geriatrics care & role of modern medicine in geriatric care.
8. Describe environmental factors for improving the quality of life of elderly.
9. Describe the process & approaches of counseling.
10. Describe various scales used for quality of life for elderly.
11. Describe environmental and functional assessment scales
12. Describe various causes of dysfunctions in elderly population
13. Problem of movement dysfunction: strength, endurance and impaired respiration and ventilation, fatigue, balance, gait and orthotic considerations.
14. Lower limb prosthesis required in older adult.
15. Urinary incontinence and impairment of pelvic floor.
16. Conservative pain management
17. Perception and cognitive impairment