

### 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

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

प्रदेश लोक सेवा आयोग, प्रदेश नं.२  
स्वास्थ्य सेवा, फिजियोथेरापी समूह, सातौ तह, फिजियोथेरापीष्ट वा सो सरह पदको खुला तथा अन्तर सेवा  
प्रतियोगितात्मक परीक्षाको पाठ्यक्रम  
9.2.8 Province no. 2, Province Public Service Act, 2077

- 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

स्वास्थ्य सेवाका विभिन्न समूह/उपसमूह, अधिकृत सातौ तहको पदमा प्रथम चरणको लिखित परीक्षाबाट छनौट भएका उम्मेदवारहरूलाई मात्र सामूहिक परीक्षण (**Group Test**) लिइने छ ।

**सामूहिक छलफल (Group Discussion)**

यस प्रयोजनका लागि गरिने परीक्षण १० पूर्णाङ्क र ३० मिनेट अवधिको हुनेछ जुन नेता विहिन सामूहिक छलफल (Leaderless Group Discussion) का रूपमा अवलम्बन गरिने छ । दिइएका प्रश्न वा Topic का विषयमा पालैपालोसँग निर्दिष्ट समय भित्र समूह बीच छलफल गर्दै प्रत्येक उम्मेदवारले व्यक्तिगत प्रस्तुति (Individual Presentation) गर्नु पर्नेछ । यस परीक्षणमा मूल्याङ्कनका लागि ३ जना भन्दा बढीको समिति रहनेछ ।