

DIPLOMA IN PHYSIOTHERAPY – SEMESTER FOUR

Fourth Semester			
S. No.	Name of Subject	Credits	Total Marks
1	Fundamental of Exercise Therapy-II	5	100
2	Fundamental of Electrotherapy-II	6	100
3	Biomechanics & Kinesiology-Lab	6	100
4	Practical (Electrotherapy, Exercise Therapy)	5	100
5	Seminar	2	100
Total		24	

Subject Name: FUNDAMENTAL OF EXERCISE THERAPY-II

1. Therapeutic Gymnasium suspension therapy, use of accessories such as pulleys springs, shoulder wheel, axillary crutches, finger ladder, therapeutic balls parallel bars etc applied Biomechanical principles.
2. Physiological & Biophysical principles of Stretching, Strengthening and aerobic conditioning for general fitness exercise, Group & recreational activities – Warm up – stretching mobility strengthening – cool down.
3. Principles of Yoga & basic ten Yogic postures & their physiological effects Yogic postures: Padahasthasana Padangusthanasana, Trikonasana, utkatasana, Padmasana / Siddhasana, /Sukhasana, Bhujangasana, Ardha – Salabhasana, Paschimottanasana. Savasana, Dhanurasana, Ardha Halasana, Yogamudrasana, Uttanasana, Virasana, Vajrasana, setu bandhasana, gomukhasana, Pavan muktasana, Halasana, Sarvangasana, Naukasana.
4. Basic principles of General fitness – warming up exercises, aerobics – cooling down exercises.
5. Hydrotherapy – physics – application – effects – merits / demerits.

Subject Name: FUNDAMENTAL OF ELECTROTHERAPY-II

1. Environmental currents & fields risk factors on prolonged exposure to E.M. field.
2. Production, Physical principles, Panel diagram, Testing of apparatus – S.W.D. Ultra sound, U.V.R., I.F.T. / Beat frequency currents, I.R. LASER (no panel diagram).
3. Therapeutic continuous / interrupted Direct currents & their various wave forms, A.C. current.
4. Bio-physics of Superficial heat & cold – Physiological effects –Therapeutic effects / uses – Merits / demerits, Indications / contra-indications-skills of application - Home remedies, Paraffin wax bath, whirl pool, contrast bath, Hydro-collator hot packs / cold packs, Cry therapy.

Subject Name: BIOMECHANICS & KINESIOLOGY-LAB

1. Goniometry – measurement of joint ROM
2. Identify Muscle work of various movements in body at different angle.
3. Identify normal and abnormal posture.
4. Normal gait with its parameters and identify abnormal gait with the problems in it.

Subject Name: PRACTICAL (ELECTROTHERAPY, EXERCISE THERAPY)

Subject Name: SEMINAR

Note: The Normal Rule and Regulation pertaining to the Examination and other issues will be applicable in Faculty of Paramedical Science as per Arunachal University of Studies Act 2012, Subsequent Statute and Rules & Regulations.