



Office of the I/C Controller of Examination
Government Medical College Baramulla

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Subject: Syllabus for written examination for the post of Multi Rehabilitation Worker.

Notice

Government Medical College Baramulla has advertised various posts vide Advertisement No. 09 of 2023 Dated: 19-06-2023. Accordingly, the syllabus for the post of **Multi Rehabilitation Worker**, advertised vide aforementioned advertisement notice is hereby notified as **Annexure "A"**.

I/C Controller Examinations
Govt. Medical College Baramulla.

No.: GMC/BLA/Exam/2023/344-48

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Copy to:

1. Administrative Secretary, H&ME, UT of J&K.
2. Principal Govt. Medical College Baramulla for the favour of information.
3. Administrative Officer Govt. Medical College Baramulla for information.
4. I/C Website, Government Medical College Baramulla.
5. Office Copy.

Syllabus for Multipurpose rehabilitation worker

FUNDAMENTAL OF OCCUPATIONAL THERAPY

- General Objectives
- Specific objectives of the Course
- Various definition and functions of occupational therapy
- Therapeutic activities
- Occupational therapy as diagnostic and Prognostic Procedure
- Dosage in occupational therapy
- Importance of interest in occupational therapy
- Occupational Therapist
- Different types of evaluations and their importance
- Co-ordination
- Contracture & Deformities
- Fatigue
- Neurological disorders
- Posture
- Dynamic & Realistic approach to occupational therapy
- Ward & Bed side Occupations
- Establishment of occupational therapy, Deptt in a Hospital inclusive of organizations and administration of Deptt.
- Wheel Chair
- Orthopedic appliances
- Contraction
- Mobility and Limitations
- Goniometry or Arthorometry
- Muscle weakness
- Motivation in occupational Therapy
- Assistive apparatus for U.E & L.E
- Occupational Therapy as a supportive measure in General Hospital
- Motivation in Occupational Therapy
- Occupational Therapy as a supportive measure in General Hospital
- Definition, Scope, Importance of A.D.L, Goals of self Help Devices, teaching A.D.L in the following areas
- Wheel Chair activities
- Bed Activities
- Self Care Activities

Occupational Health

- } Definition
- } O.T measures in work and health
- } Social context of occupational Health
- } Epidemiology & Occupational Hygiene

- } Occupational safety as applied to O.T
- } Prevention of accidents and overt trauma
- } Occupational ergonomics through work designs
- } Ethics in occupational Health
- } Hazardous work place exposures

- **PAEDIATRICS AND GERIATRICS**

- **Paediatrics**

- } Review normal foetal development & Child birth, including assessment of a neonate
- } Congenital & acquired Cardio-pulmonary disorders
- } Congenital & acquired neurological disorders
- } Hereditary disorders

- **Geriatrics**

- } Normal aging
- } The examination & assessment of a geriatric patient
- } Musculo skeletal disorders
- } Neurological disorders
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1. **EXERCISE THERAPY**

Starting positions:

1. Description and muscle work
2. Importance of fundamental and derived types. 3. Effects and uses of individual positions.

Movements:

1. Anatomical definition and description
2. Movements and exercise as therapeutic modality and their effects 3. Physiological reaction of exercise

Passive movements:

1. Definition
2. Relaxed, forced and stretching type.
3. Indications, contraindications, advantages and Techniques of various passive movements.

Muscle Stretching:

1. Special emphasis on stretching of : Pectoral major, biceps brachii, triceps brachii, long flexors of fingers, Rectus Femoris, ilio-tibial band, gastrocnemius-soleus, hamstrings, hip abductors, iliopsoas. Sternocleidomastoid.

Active movements:

1. Free, assisted and resisted
2. Indication, contraindications, advantages and techniques of various types of active exercises.
3. Home programs of strengthening of various muscle group including progressive resisted exercises.
4. Special emphasis on : Shoulder abductors & flexors, Triceps brachii, Hip abductors & flexors, quadriceps femoris, Abdominal and back extensors.

Manual Muscle Testing:

1. Concept, introduction, significance and limitations.
2. Grade systems
3. Techniques of Muscle testing
4. Emphasis on skills to grade upper, lower limb, neck and trunk muscles including trick movements.

Goniometry:

1. Measurement of various joints range in normal and disease condition.
2. Different techniques of goniometry.
3. Limb length measurements.

Joint Mobility:

1. Joint range, stiffness, range and limitations
2. Accessory movements - glides, traction and approximation
3. Mobilization of peripheral joints in detail.

Re-education of muscles :

1. Concept, technique, spatial and temporal summation.
2. Various reduction techniques and facilitating methods.
3. Progressive strengthening of various muscle groups in Grade- I-Grade IV.
4. Muscle strengthening technique- PNF

Crutch Walking :

1. Description of crutch - components, classification
2. Good crutch, measurements
3. Crutch use - Preparation, Training, counseling.
4. Crutch gaits - types, & significance.
5. Crutch complications, Palsy, dependency etc.

Normal Posture:

1. Posture - definition & description, static and dynamic.
2. Posture - alignments of various joints, centre of gravity, planes & muscular moments
3. Analysis of posture.

Normal Gait:

1. Normal gait - definition & description, centre of gravity
2. Normal gait - alignments of various joints, centre of gravity, planes & muscle acting mechanisms, pattern, characteristics.
3. Normal gait cycle, time & distance parameters, & determinants of Gait.

Co-ordinations :

1. Balance - static and Dynamic
2. Reeducation of balance and coordination: PNF and Frenkel's exercise.

Traction : Rationale, Technique, indication & contra- indications.

Low Frequency Currents:

ELECTROTHERAPY

1. Nerve Muscle Physiology: brief outline
2. Faradic current.
 - a. Indications, contraindications, Techniques, parameters, Group muscle stimulation.
 - b. Faradic footbath, Faradic under pressure and muscle re-education.
 - c. Dosimetry
3. Galvanic current.
 - a. Indications, contraindication, precautions and therapeutic effects of stimulation
 - b. Techniques, parameters, Dosimetry
4. Electro-Diagnosis :
 - a. S. D. Curve, Reaction of degeneration, chronaxie & Rheobase
 - b. Outline of EMG & Nerve conduction velocity

5. Iontophoresis :

- a. Definition and principles & factors
- b. indications, effects, techniques, contraindications, precautions and Potential harmful

effects. 6. TENS therapy :

- a. Principle of therapy, Parameters and therapeutic uses. b. Theories of pain and pain control.
- c. Indications and contra-indications, Dosimetry.

Infrared Therapy.

- a. Therapeutic effects and uses, Techniques of application. b. Theories of pain and pain control.
- c. Indications and contra-indications, Dosimetry.

Heating Modalities :

- a. Therapeutic effects and uses, Techniques and applications
- b. Indications, contraindications, precautions and Potential harmful effects of various heat

modalities : Paraffin wax bath therapy, Hydro collar packs, Whirlpool and moist heat

Heating pads, hot air chambers.

Cold-therapy:

- a. Indications, contraindications and therapeutic effects.
- b. Technique, precautions and Potential harmful effects of treatment, Dosimetry.

Medium frequency currents:

1. Definitions, effects, indications, techniques of application, contraindications.
Interferential therapy:
2. Physiological, therapeutic effects & dangers, Indications & contra indications.
3. Technique and method of applications, Dosimetry.

High Frequency currents:

Short wave Diathermy: Continuous & Pulsed

- a. Indications, contraindications and therapeutic effects.
- b. Methods of application-capacitor and induction electrode, precautions and Potential harmful

effects of treatment, Dosimetry.

Microwave Diathermy:

- a. Characteristics and therapeutic effects.
- b. Application techniques, indications, contraindications, precautions and potential harmful effects, Dosimetry.

Ultrasonic Therapy:

- a. Physiological and therapeutic effects & potential harmful effects.
- b. Indications, contraindication: -, methods of application and precautions, Dosimetry.

Laser

- a. Introduction, effects and potential harmful effects.
- b. Indication, contraindications, precautions, method of application, dosimetry.

Ultraviolet therapy:

- a. Physiological and therapeutic effects - photosensitization
- b. Indications and contraindications and Potential harmful effects.
- c. Methods of application, Sensitizers, Filters, Dosage, wavelength, penetration. Tolerance,

Treatment / Application condition wise

- d. Comparison between UVR & IR Therapy.

Traction instruments:

Rationale, technique, indications, contraindications, precautions of electric traction equipments.

Speech therapy Introduction

1. Human communication
 - Definition and component
 - Functions of communication, speech and language
 - Mode of communication (verbal and non-verbal)
 - Characteristics of good speech
2. Speech as an overlaid function
3. Pre-requisites and factors affecting language and speech development
4. Nervous system: structure and function
5. Respiration for life and speech
6. Respiratory system
7. Acoustic of speech
8. Theories and models of language acquisition
9. Mechanism of speech and language production
10. Developmental disorders
 - ASD
 - ADHD
 - Learning Disabilities
 - Intellectual Disabilities
 - Cerebral palsy