

nfs ; jf cfofu

gkfn : jf:Yo ; jf, lknhofy/fkl ; dx, kfFf}txsf]vhf kltof]utfrds Inlvt k/Llffsf]kf7\sd

kf7\qmdsf]?k/yf M- o; kf7\qmdsf]cfwf/df lgDgfg; f/ b0{r/Ofdf k/Llff ln0g] 5 M
 kyd r/Of M- Inlvt k/Llff kOff{ M- !))
 låtlo r/Of M- cGtj ftf{ kOff{ M- @)

kyd r/Of – Inlvt k/Llff ofhgj (Examination Scheme)

lj ifo	kOff{	pQlOff{	k/Llff kOffnl	kZg ; Vof	; do
; jf ; Da6wl	!))	\$)	j : tut axpQ/ (Multiple Choice)	%) x@ Ö !))	\$% ldgø

låtlo r/Of

lj ifo	kOff{	k/Llff kOffnl
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!= Inlvt k/Llffsf]dfllod efiff cuhl jf gkfnl cyj f cuhl / gkfnl bj }xg ; Sg\$.
 @= kf7\qmdsf]Psf0x?af6 ; fl]wg]kZg; Vof lgDgfg; f/ xg\$.

kf7\qmdsf Psf0	1	2	3	4	5
kZg ; Vof	5	10	10	10	15

#= j : tut axpQ/ (Multiple Choice) kZgx?sf]pQ/ ; xl lbPdf k]o\$; xl pQ/ afkt @ -b0{ cÍ kbf]g ul/g\$ eg]unt pQ/ lbPdf k]o\$ unt pQ/ afkt @) kltzt cyf(\)=\$ cÍ s\$ ul/g\$. t/ pQ/ glbPdf to; afkt cÍ lb0g]5g / cÍ s\$ klg ul/g]5g .
 \$= o; kf7\qmdsf h] s]n]lvPsf]ePtf klg kf7\qmdsf k/]sf Pj, lgodx? k/Llffsf]ldlt ebf # - tlg_ dlxgf cufl8 -; zfl]vg ePsf jf ; zfl]vg e0{x6f0Psf jf yk u/L ; zfl]vg e0{ sfod /x\$fnf0{o; kf7\qmdsf /x\$] ; Demg' kb\$.
 %= Inlvt k/Llffaf6 5gfø ePsf pDd]j f/x?nf0{dfq cGtj ftf{ ; lDdInt u/f0g\$.
 ^= kf7\qmd nfu"ldlt M- @)^@÷&÷! b]v

- नर्स ; जफ चोफु
गकन : जफ:यो ; जफ, ककलहोय, ककल ; दख, ककफफ, तखस, जवह ककतोफ, ककतुफदस ककलवत ककलकस, ककक7ठस
- 1. Introduction to physiotherapy**
 - 1.1 Definition of physiotherapy
 - 1.2 Scope of physiotherapy in the context of Nepal
 - 1.3 Fields of physiotherapy
 - 1.4 Disability awareness
 - 2. Applied Anatomy**
 - 2.1 Muscular system
 - 2.2 Skeletal system
 - 2.3 Cardio respiratory system
 - 2.4 Neurology & Neurosurgery
 - 2.5 Dermatology
 - 2.6 Obstetrics & gynaecology
 - 3. Electrotherapeutic Modalities**
 - 3.1 Shortwave diathermy
 - 3.2 Microwave Diathermy
 - 3.3 Infrared Therapy
 - 3.4 Transcutaneous electrical Nerve stimulation
 - 3.5 Therapeutic muscle stimulator
 - 3.6 Ultrasonic therapy
 - 3.7 Continuous passive motion
 - 3.8 Paraffin wax bath
 - 3.9 Hot packs and superficial heating modalities
 - 3.10 Traction unit
 - 4. Therapeutic Exercise/Treatment planning**
 - 4.1 Strengthening Exercise
 - 4.2 Stretching exercise
 - 4.3 Re-education and Co-ordination exercises
 - 4.4 Therapeutic massage
 - 4.4.1 Neck
 - 4.4.2 Back
 - 4.4.3 Upperlimb
 - 4.4.4 Lowerlimb
 - 4.4.5 Face
 - 5. Rehabilitation (Institutional &community)**
 - 5.1 Skeletal system**
 - 5.1.1 Fractures, dislocation & subluxation
 - 5.1.2 Deformities- acquired and congenital
 - 5.1.3 Inflammatory, degenerative and pathological condition – Arthritis
 - 5.1.4 Amputation-upper/lowerlimbs
 - 5.2 Muscular System**
 - 5.2.1 Muscles injuries- strain, tendinitis
 - 5.2.2 Muscular dystrophy
 - 5.2.3 Ligament injuries - sprain

- 5.3 Neurological
 - 5.3.1 Peripheral Nerve injuries
 - 5.3.2 Cerebro vascular Accident
 - 5.3.3 Spinal cord injuries
 - 5.3.4 Epilepsy
 - 5.3.5 Inflammatory disease:- meningitis, encephalitis, Poliomyelitis
 - 5.3.6 Parkinsonism
 - 5.3.7 Cerebral palsy
 - 5.4 Cardio-respiratory
 - 5.4.1 Chest physiotherapy-Breathing exercise/postural drainage
 - 5.5 Dermatology
 - 5.5.1 Leprosy
 - 5.5.2 Burns & plastic surgery
-

j :tut axp0/ gdöf kZgx? (Sample Questions)

1. Ultrasound can be used to treat
A) Osteomyelitis
B) Soft tissue injuries
C) Open fractures
D) All of the above

Correct Answer:- (B)

2. Continuous passive motion apparatus is used to
A) Increase range of motion
B) Maintain range of motion
C) Strengthen knee muscles
D) All of the above

Correct Answer:- (A)

3. Interferential therapy is not used for
A) Muscle stimulation
B) Pain relief
C) Muscle re-education
D) Wound healing

Correct Answer:- (D)

4. Biceps Brachi acts as a
A) Flexor of knee
B) Extensor of elbow
C) Flexor of elbow
D) Extensor of knee

Correct Answer:- (C)

5. Colle's fracture occurs at ?
A) Distal $\frac{1}{3}$ rd of radius
B) Proximal $\frac{1}{3}$ rd of radius
C) Olecranon process of ulna
D) Distal $\frac{1}{3}$ rd of ulna

Correct Answer:- (A)

6. Measurement of axillary crutches ?
A) 5cm below posterior axillary and 15 cm laterally with patient in supine lying
B) 7cm below anterior axilla and 10 cm laterally with patient in standing position
C) 4cm below anterior axilla and 10cm medially with patient supine lying
D) 5cm below post axilla and 12cm laterally with patient standing

Correct Answer:- (A)

7. Shoulder dislocation is caused by vigorous
A) Flexion with internal rotation
B) Flexion with external rotation
C) Abduction with External rotation
D) Abduction with internal rotation

Correct Answer:- (C)

8. Poliomyelitis is caused by viral infection in
A) Posterior horn cell
B) Anterior horn cell
C) Muscle
D) Peripheral Nerves

Correct Answer:- (B)

9. Degenerative bone disease is called as ?
A) Osteoarthritis
B) Rheumatoid Arthritis
C) Gouty arthritis
D) Synovitis

Correct Answer:- (A)

10. Parkinsonism is a disease affecting ?
A) Cerebellum
B) Spinal cord
C) Basal ganglia
D) Medulla

Correct Answer:- (C)

11. Pneumothorax is defined as a collection of
A) Air in the lung
B) Fluid in the lung
C) Pus in the lung
D) Blood in the lung

Correct Answer:- (A)

12. Postural Drainage is contraindicated in case of ?
A) Increased intracranial pressure
B) Secretion in the chest
C) Amputation
D) Coronary artery bypass surgery

Correct Answer:- (A)

13. Circumductory gait is seen in ?
A) Hemiplegic patient
B) Paraplegic patient
C) Quadriplegic patient
D) All of the above

Correct Answer:- (A)

14. Passive Stretching is done to treat
A) Contractures
B) Spasticity
C) Rigidity
D) All of the above

Correct Answer:- (D)

15. Strengthening exercise helps to improve ?
A) Mobility of Joints
B) Power of muscle
C) Flexibility of Joints
D) None of the above

Correct Answer:- (B)

16. Physiotherapy does not include the use of
(A) Massage
(B) Electromagnetic Energy
(C) Ultraviolet Rays
(D) Needling

Correct Answer:- (D)

17. Physiotherapy is a paramedical Science which deals with
(A) Medicine
(B) Physical Agents
(B) Therapeutic Exercise
(D) Therapeutic Exercise and Physical agents

Correct Answer:- (D)

18. Neonatal Disability is not treated by
(A) Physical Therapist
(B) Neonatologist
(C) Rehabilitator
(C) Radiologist

Correct Answer:- (D)