

LESSON PLAN

Subject : **PHYSICAL AND FUNCTIONAL DIAGNOSTIC SKILLS**
Class : **BPT III year V Semester (2018) Class**
Incharge : **Dr. Mayura Deshmukh (PT)**
Subject Teacher/s : **Dr. Mrudula Sangaonkar (PT), Dr. Mayura (PT), Dr. Tanpreet (PT) Dr.Philomena**
Total Hours prescribed: -176 (Theory- 80, Practical-96)

Sr No.	Topic	No. of hours required		Mode of teaching
		T	Pr	
A)	ASSESSMENT OF MUSCULO SKELETAL FUNCTION:	25	30	Lecture, Group discussion, Demonstrations, Clinical Presentations.
1.	SOAP Format of Assessment :			
	<ul style="list-style-type: none"> ● Demographic Data Collection ● Chief Complaint ● History Taking 	3		
2.	- ASSESSMENT OF PAIN			
	<ul style="list-style-type: none"> ● Intensity & quality └ Body Diagram └ Objective assessment & documentation 	1		
3.	- Assessment of Posture & Gait	1	2	
4.	- Palpation : Limb Length and Girth measurement, Selective Tissue Tension Testing: Examination of joint integrity (Contractile tissue, Non contractile tissues), Active movement, Passive movement, Assessment of accessory movement & End feel, Resisted isometric contraction	1	2	
5.	- Tightness Testing, Assessment of Muscle Strength (Group and Individual)	1	2	
6.	- Special Tests	15	20	
7.	- Observational Movement analysis	1	1	

8.	<ul style="list-style-type: none"> and Analysis of Muscle Work - Assessment of articular & extra-articular soft tissue status • Myofascial assessment • Acute & Chronic muscle hold. 	1	1	Lecture, Group discussion, Demonstrations, Clinical Presentations.
9.	<ul style="list-style-type: none"> - Outcome Measures, Functional Diagnosis using ICF - Interpretation of X-ray of extremities & spine, routine, bio- chemical investigation 	1	2	
B)	ASSESSMENT OF HAND	5	10	PowerPoint presentation, Question and Answer Sessions, Demonstrations.
1	- Sensations & Mobility of joints	1	2	
2	- Strength	1	2	
3	- Special Tests like Froment's Sign, Bunnel – Litter's Test, Phalen's Test, Tinels Sign, Wartenberg's Sign	2	3	
4	- Hand Function – Precision and Power grips	1	3	
C)	ASSESSMENT OF NEUROMUSCULAR FUNCTION	25	30	PowerPoint presentation, Question and Answer Sessions, Demonstrations, Case Presentations
1.	- Higher functions & Cranial nerves assessment	2	3	
2.	- Sensations & sensory organization (Dermatome, Myotome and Sclerotome)	1	1	
3.	- Joint mobility	1	2	
4.	- Body image & Tone	2	2	
5.	- Reflexes-Superficial & Deep	1	1	
6.	- Voluntary control	2	2	
7.	- Muscle Strength & Co-ordination	1	2	
8.	- Balance	2	2	
9.	- Endurance & Trick movements	1	2	
10.	- Limb Length	1	1	
11.	- Posture	2	2	
12.	- Gait	3	2	
13.	- Scales-Berg's Balance, Ashworth, Glasgow Coma, DGI	1	3	
14.	- Functional Diagnosis using ICF & Interpretation of Electro diagnostic procedures	4	5	
D)	ASSESSMENT OF CARDIO VASCULAR & PULMONARY DYSFUNCTION	15	24	PowerPoint presentation, Question and Answer Sessions, Demonstrations, Case Presentations
1.	- Demographic Data, Chief complaint, HOPI, History of Symptoms, Past Relevant Histories, Vital Parameters.	2	3	
2.	- Examination: Head and Neck, Chest and Extremities	2	3	
3.	- Palpation: Head and Neck, Chest and Extremities, Measurements: Chest Expansion, symmetry of chest movement.	2	3	

4.	- Auscultation: Normal and Abnormal Breath Sounds	1	2	PowerPoint presentation, Question and Answer Sessions, Demonstrations, Case Presentations
5.	- Special tests : Breath Holding Test etc.	2	3	
6.	- Outcome Measures & Investigations: - Quality of life questionnaire - BORG and Modified BORG scale for Rating of Perceived Exertion (RPE) - Exercise Tolerance – six minutes walk test, Theoretical bases of Bruce’s protocol. - Peak Flow Meter - ABG, PFT, ECG- (Normal & Variations in common pathologic conditions) - X-ray Chest	3	6	
7.	- Tests for Peripheral Arterial & Venous circulation	2	2	
8.	- Ankle Brachial Index	1	2	
E)	ASSESSMENT OF OBESITY	5	2	
1	- Pathophysiology	1		
2	- Assessment – BMI, Waist – Hip Ratio	1		
3	- Assessment of Fitness- Flexibility,Endurance and Agility	1		
4	- Obesity – Skin fold measurement, Anthropometric measurements, Newer Methods.	2	2	
F)	Bioethics	5	-	

**Total Didactic Hours – Theory: 80
hours**

Practical: 96 hours

SCT: 96 hours

Total scheduled hours – 272 hours