

LESSON PLAN

Subject : Exercise Therapy-I
Year : First BPT. (Sem-II) (2017-18)
Class Incharge : Dr. Mrudula Sangaonkar
Subject Teacher : Dr. Mayuri Shah, Dr Mrudula Sangaonkar,
 Dr. Joanna Baptist
Total Hrs. Prescribed : 256 (Didactic Hours= 64 hours, Practicals
 = 96 hours.

| Sr. No. | Theory and Practical | No of Hours required | Mode of teaching |
|---------|---|----------------------|-------------------------------------|
| 1 | Starting position 1. Standing 2. Kneeling & Sitting 3. Lying & Hanging | 04. | Blackboard and PPT, Hands on |
| 2 | Derived positions 1. Standing with Arm Alteration 2. Standing with Leg Alteration 3. Standing with Trunk , Leg & Trunk Alteration 4. Sitting and Kneeling 5. Lying 6. Hanging & other Positions | 06 | Blackboard and PPT, Hands on |
| 3 | Classification of movements <ul style="list-style-type: none"> • Active • Passive • Assisted • Resisted | 20 | Blackboard and PPT, Hands on |

| | | | |
|----|---|----------------------|---|
| 4 | <p>Goniometry</p> <ul style="list-style-type: none"> • Principles • Types, Uses • techniques • upper limb, lower limb • spine, TM joint | 14 | <p>Blackboard and PPT, Hands on</p> |
| 5 | <p>Limb length (only lower limb)</p> <ul style="list-style-type: none"> • Apparent, True, Segmental • Supratrochantric | 04 | <p>Blackboard and PPT, Hands on</p> |
| 6 | <p>Limb girth measurement</p> | 02 | <p>Blackboard and PPT, Hands on</p> |
| 7 | <p>Assessment of</p> <ul style="list-style-type: none"> • Sensation • Reflexes • Blood pressure • Pulse rate • Chest expansion • Respiratory rate | 01 01 01 01 | <p>Blackboard and PPT, Hands on</p> |
| 8 | <p>Relaxation</p> <ul style="list-style-type: none"> • Introduction • Factor contributing • Technique(local & general) • Effect and uses • Indication & Contraindication | 06 | <p>Blackboard and PPT, Hands on</p> |
| 9 | <p>Massage manipulations</p> <ul style="list-style-type: none"> • Principles • Physiology Effects • Merits/Demerits • Techniques • Preparation • Skill on Upper extremities • Skill on Lower extremities • Skill on Spine/Back • Skill on Face • Skill on Abdomen | 10 | <p>Blackboard and PPT, Hands on</p> |
| 10 | <p>Therapeutic Gymnasium</p> <ul style="list-style-type: none"> • Setup & its importance. • Various equipment in the gym • Operational skills, effects & uses of each equipment • Suspension therapy, • use of accessories like pulleys, spring | 8 | <p>Blackboard and PPT, Hands on</p> |
| 11 | <p>Walking aids</p> <ul style="list-style-type: none"> • Introduction • Types • Parts • Measurement | 02 | <p>Blackboard and PPT, Hands on</p> |
| 12 | <p>Yoga</p> <ul style="list-style-type: none"> • Principle | 10 | <p>Blackboard and</p> |

| | | | |
|----|---|----|---------------------------------|
| | <ul style="list-style-type: none"> • basic yogic postures & their Physiological effects in – <ol style="list-style-type: none"> 1) Supine Position 2) Prone Position 3) Standing Position 4) Sitting Position | | PPT, Hands on |
| 13 | Hydrotherapy <ul style="list-style-type: none"> • Principles of fluid mechanics • Physiological & therapeutic effect • Types of Hydrotherapy equipment, indications, contraindications, operation skills & patient preparation | 04 | Blackboard and PPT, Hands on |
| | | | |
| | Total hours | 96 | |

| | | |
|---------------------------------|----|-----|
| Scheduled practical | - | 96 |
| Supervised practical training - | 96 | |
| Total Scheduled hours | - | 256 |