

SYLLABUS FOR THE POST OF PHYSIOTHERAPIST, T&S GRADE - B (INTERNAL)

Internal Circular No. CRP/PER/R/2026/309, Dt. 30.05.2026

PART-I (Subject)

1. UNIT – I : HISTORY OF PHYSIOTHERAPY

History of Physiotherapy • International and National Definitions of Physiotherapy • Role of Physiotherapy in Health Care Delivery System

2. UNIT – II : ELECTROTHERAPY

Low, Medium and High Frequency Currents • Short Wave Diathermy • Microwave Diathermy • Ultrasonic Therapy • Ultraviolet Therapy • Infrared Radiation • Laser Therapy • Paraffin Wax Bath • Cryotherapy • Moist Heat Therapy • Contrast Bath • Electronic Traction • Iontophoresis • Interferential Therapy • TENS • Electrical Stimulation • Continuous Passive Motion • Fluid Therapy • Biofeedback

3. UNIT – III : EXERCISE THERAPY, FIRST AID AND EXERCISE PHYSIOLOGY

Exercise Therapy • Muscle Work • Isometric and Isotonic Exercises • Progressive Resisted Exercises • Joint Mobility • Goniometry • Assistive Devices • Gait Training • Breathing Exercises • Frenkel's Exercises • Suspension Therapy • Hydrotherapy • First Aid • Wound Dressing • CPR • Patient Transfer • Counselling • Recording of Vitals • Nutrition and Exercise • Body Composition • Clinical Exercise Planning

4. UNIT – IV : CLINICAL SUBJECTS FOR PHYSIOTHERAPY PRACTICE

Therapeutic Fascial Release • Soft Tissue Mobilisation • Fascial Manipulation • Positional Release Methods • Therapeutic Taping • Applied Physiology • General Medicine • Biochemistry • Pharmacology • Microbiology • Pathology • Radiology

5. UNIT – V : ADMINISTRATION, LAW, ETHICS AND RESEARCH

Administration • Supervision • Physiotherapy Law • Medico-Legal Aspects • Ethics • Guidance and Counselling • Curriculum Design • Evidence-Based Practice • Psychological and Sociological Aspects • Research Methodology

6. UNIT – VI : BIOMECHANICS, ERGONOMICS AND KINESIOLOGY

Biomechanics • Ergonomics • Kinesiology • Basics of Physics • Orthotics • Prosthetics • Body Mechanics • Kinetics and Kinematics • Assistive, Adaptive, Orthotic, Supportive and Prosthetic Devices

7. UNIT – VII : COMMUNITY AND GERIATRIC PHYSIOTHERAPY

Community Based Physiotherapy • Geriatric Physiotherapy • Acupuncture • Yoga • Occupational Therapy • Speech Therapy • National Health Care Delivery System • Levels of Prevention • Disability Evaluation • Social Security Measures • Fitness of Geriatric Population

8. UNIT – VIII : ORTHOPAEDIC AND SPORTS PHYSIOTHERAPY

Fractures • Dislocations • Strains and Sprains • Myofascial Pain Syndromes • Sports Injuries • Injury Prevention • Sports Physiotherapy • Congenital Musculoskeletal Disorders • Soft Tissue Injuries • Musculoskeletal Conditions • Spinal Surgeries • Amputations • Arthroplasty

9. UNIT – IX : NEUROLOGICAL AND NEUROSURGICAL PHYSIOTHERAPY

Cortical and Subcortical Lesions • Central and Peripheral Nervous System Disorders • Radiculopathies • Stroke • Traumatic Brain Injury • Paediatric Neurological Conditions • Neurosurgical Physiotherapy • Vestibular Disorders • Critical Care Physiotherapy • Parkinsonism • Muscular Dystrophies • Nerve Transfers • Bladder and Bowel Training • Biofeedback • Orthotics • Robotics • Burns • Plastic Surgery • Obstetrics and Gynaecology • Urology • Dermatology

10. UNIT – X : CARDIOVASCULAR AND PULMONARY PHYSIOTHERAPY

ICU Physiotherapy • Ventilated Patients • COPD • Bronchiectasis • Bronchitis • Asthma • Cystic Fibrosis • Interstitial Lung Diseases • Pulmonary Fibrosis • Cardiac Conditions • Cardiac Surgeries • Postural Drainage • Forced Expiratory Techniques • Respiratory Assistive Devices • Physiotherapy after Abdominal Surgeries • Vascular Disorders • Preventive Physiotherapy

PART-II (General Studies)

1. General Knowledge
2. General English
3. Quantitative Aptitude & Numerical Ability
4. Test of Reasoning
5. Computer Basics