

SANJAY GANDHI POSTGRADUATE INSTITUTE OF MEDICAL SCIENCES

Raebareli Road, Lucknow-226014 (U.P.)

Syllabus for Junior Occupational Therapist(Core Subject) Advt No. I/10/8/Rectt/2026-27

(Syllabus is only Indicative. The questions can assess any aspect of knowledge, aptitude, attitude and practical skills, which is expected from a trained person to work efficiently at the advertised post)

Human Anatomy & Physiology

- ▶ Human Anatomy: Head and Neck / Chest / Abdomen / Upper and Lower Limbs / Genitourinary System / Gastrointestinal System / Endocrine system
- ▶ Applied anatomy related to different systems
- ▶ Musculoskeletal system – Connective tissue & its modification, tendons, membranes, special connective tissue. Bone structure, blood supply, growth, ossification, and classification.
- ▶ Muscle classification, structure and functional aspect. Joints – classification, structures of joints, movements, range, limiting factors, stability, blood supply, nerve supply, dislocations and applied anatomy.
- ▶ Human Physiology related to CNS / Respiratory System. Cardiovascular System / Neuromuscular function
- ▶ Physiology of exercise
- ▶ Physiology of Acclimatization
- ▶ Fundamentals of Occupational Therapy
- ▶ History & development of Occupational Therapy
- ▶ Rehabilitation & specific principles of therapeutic exercises and Principles of Therapeutic modalities
- ▶ Principles & methods of testing range of motion & muscle strength. Testing methods of sensation, perception, coordination and muscle tone.
- ▶ Human development and its Activities of daily living; Occupational therapy as Diagnostic & prognostic procedure.
- ▶ Steps involved in preparing the client for return to work / Prevocational evaluation / Evaluation of work capacity
- ▶ Evaluation of physical capacity / Evaluation of functional capacity
- ▶ Different types of tools & equipments & their uses in Occupational Therapy
- ▶ Define & classify splints with their brief description, state general principles of splinting, describe material used. Hand function & evaluation methods.
- ▶ Physiology of Exercise & Work in relation to different organ functions

FUNDAMENTALS OF Occupational Therapy

1. History, Philosophy, Definition & Scope of O.T.
2. Theory of Occupation, Occupation as evolutionary Traits
 - Biological Dimension
 - Social Dimension
 - Psychological Dimension of Occupation

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- Application of Theory to Occupational Therapy
- 3. Principles & techniques of Therapeutic Exercises and its relation with the development of appropriate therapeutic activities
 - Classification
 - Techniques – Strength building Exercises, Elasticity developing Exercises, Coordination Exercises & activities
 - Specific & General Progression of Exercises & activities
 - Progressive Resistive Exercises, Regressive Resistive Exercises, Breathing Exercises, Pelvic floor muscles Exercises & activities
 - Circuit Training
 - Prescription of Exercises & therapeutic activities
 - Principles & Application of Biofeedback in Occupational therapy
 - Yoga: Definition – History – Principles – Concepts, General effects of yoga posture on musculo skeletal system. Specific effects of individual yogic posture on musculo skeletal system. Yoga and Therapy – Rationale

DISABILITY PREVENTION AND REHABILITATION

1. Introduction
2. Definition concerned in the phases of disability process, explanation of its aims & principles, Scope of rehabilitation (Impairment, Disability, Handicap)
3. Definition concerned with the causes of Impairment, Functional limitation and Disability
4. Disability Prevention, Limitation & Rehabilitation.
5. Present Rehabilitation Services
6. Legislations for rehabilitation services for the Disabled, P.W.D. Act / Compensations and benefits available for disabled
7. Rehabilitation Team & its members, their role.
8. Contribution of Social Worker towards rehabilitation
9. Vocational evaluation & Goals for disabled, role of Vocational Counsellor.
10. Principles of Communication & its problems:
 - Speech Production
 - Communication disorders secondary to Brain Damage.
 - Aphasia & its treatment.
 - Evaluating Language.
 - Dysarthria & its treatment
 - Non-Aphasic language disorders
11. Architectural barriers possible modifications in relation to different disabled conditions – namely Hemiplegia, Paraplegia, Amputees, Cerebral Palsy etc.
12. Community Health: Introduction to community Health, Definition of Community and Health, Health Determinants
 - Community and Rehabilitation – Definition, Concepts and Team, Community Health in relation to rural and urban health setup
 - Community based rehabilitation Vs Institutional based rehabilitation – Merits and demerits

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- Community Resources in rural and urban set up

Prosthesis and Orthosis

- ▶ Definition and Basic Principles
- ▶ Designing and Construction of Upper & Lower extremity Orthosis & Spinal Orthosis.
- ▶ Upper Extremity prosthesis: Prescription, fitting and checking
- ▶ Lower Extremity prosthesis: Prescription, fitting and checking
- ▶ Prescription and design of footwear & its modification
- ▶ Design and construction of adoptive devices
- ▶ Classification of Aids & Appliances
- ▶ Ambulatory Aids & Assistive Devices
- ▶ Measurement and P.O.P. cast techniques.
- ▶ Simple splint techniques
- ▶ Low-cost thermo-labile material for construction of Orthosis.