



दक्षिण रेलवे Southern Railway
प्रधान मुख्य कार्मिक अधिकारी कार्यालय
Office of the Principal Chief Personnel Officer
प्रधान कार्यालय, कार्मिक विभाग, चेन्नै-600003
Headquarters, Personnel Department, Chennai-600003

सं/No.SR-HQ0HR(MEDL)/102/2021(C.No 177979)

दिनांक/Dated:14.02.2025

All PHODs/ DRMs/ CMS/ Dy.CPOs/ Sr.DPOs/Secy to GM,
Chairman/RRB/MAS,TVC, Addl.Registrar/RCT/MAS, ,
Principal MDZTI/TPJ, DPOs/SPOs/WPOs/APOs of HQ/Divisions /Workshops/Units.

विषय/Sub : Syllabus for the post of Physiotherapist in Level- 6 of VIIth CPC
against 25% (General Selection) quota- Medical Dept- reg.

The Syllabus for the post of Physiotherapist in PivL-6 against 25%
(General Selection) is uploaded for information, guidance and necessary
action.

This has the approval of competent authority.

संलग्नक/Encl.02 page

Digitally Signed by M Syed
Sirajuddin

Date: 14-02-2025 18:49:10

(M.Syed Sirajuddin)

सहायक कर्मचारी संबंधी अधिकारी/Asst. Personnel Officer /SMO.
कृते प्रमुकाधि/for Principal Chief Personnel Officer

प्रतिलिपि/Copy to: The General Secretary/SRMU
The General Secretary/DREU
The General Secretary/AISCTREA
The General Secretary/AIOBCREA
The General Secretary/NFIR
IT Section/PB/HQ - to upload in the SR website.

SYLLABUS FOR SELECTION OF PHYSIOTHERAPIST

Professional:

1. Principles of physiotherapy
2. Basic Anatomy – description of bones, joints, muscles, brain, cardio-pulmonary and nervous system.
3. Basic Physiology – Functioning of the cardiovascular, musculoskeletal, nervous system and Respiratory system
4. Basic knowledge of electrophysiology including SD curve, Nerve conduction studies and electromyography
5. Principles of Electrotherapy – Low frequency, Medium frequency and High frequency therapies
6. Technique and effects of Physical modalities – LFT: NMES, IRR, TENS, MFT: IFT, HFT: SWD, UST, UVR, LT
7. Electrical stimulation of nerve and muscles – uses of Faradic and Galvanic current
8. Conduction method of applying heat and cold
9. Method of Heating tissues – Superficial and deep thermal therapy – IRR, WB & SWD, MWD, UST, LT
10. Traction – Types of traction, Technique & Therapeutic benefits
11. Basic principles of Exercise Therapy
12. Applied Anatomy, principles of bio-mechanics and kinesiology - their application in Musculoskeletal function and dysfunction.
13. Manual muscle testing & muscle grading
14. Goniometry
15. Progressive mobilisation and manual therapy.
16. Stretching Exercises
17. Progressive strengthening exercises
18. Neuro muscular Co-ordination – causes of in co-ordination & principles of re -education
19. Balance Exercises
20. Effect of therapeutic exercises
21. Therapeutic massage & relaxation
22. Walking Aids
23. Gait – Pathological gait and its biomechanical implications.
24. Posture – postural mechanism, analysis of posture, postural deviations, postural corrections
25. Physiotherapy in Orthopaedic & traumatology conditions
26. Physiotherapy in Neurological conditions
27. Physiotherapy in Cardio pulmonary conditions
28. Physiotherapy in obstetrics and Gynaecology - Pre natal, post-natal Gynaecological conditions
29. Physiotherapy in General conditions
30. Physiotherapy in metabolic & endocrine disorders
31. Physiotherapy in Burns
32. Physiotherapy in General and plastic surgery
33. Physiotherapy in Paediatrics
34. Physiotherapy in Geriatrics
35. Sports medicine
36. Physical medicine and rehabilitation

37. Applied knowledge in Orthotics and Prosthetics
38. Cardiopulmonary resuscitation (CPR) & First Aid
39. Med Gym cum Fitness equipments.

General:

1. Knowledge in basic maintenance of electrotherapy gadgets & exercise therapy equipments.
2. Health Education
3. Knowledge in computer applications.