

**ALL INDIA INSTITUTE OF MEDICAL SCIENCES (AIIMS),
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अखिल भारतीय आयुर्विज्ञान संस्थान (एम्स), बीबीनगर,

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Course Curriculum

MD (Physical Medicine and Rehabilitation)

Proposed by

**Department of Physical Medicine and
Rehabilitation**

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VISION

The overall objective is to impart a thorough and comprehensive training to a medical graduate so that at the end of this training she/he becomes a knowledgeable, skilled, and competent Physical Medicine and Rehabilitation specialist, capable of discharging her/his duties as expected under different settings, in an ethical manner.

He/she should be able to deduce, investigate, diagnose, confirm, evaluate, prognosticate, certify, treat, and rehabilitate if and when a person is suffering from a temporary or permanent limitation in function, disability, or restriction in participation as well as plan, prescribe, monitor, supervise and lead the restoration and rehabilitation through an integrated, multi-disciplinary team involving various medical, nursing, paramedical or allied health professionals such as therapists (occupational therapists, physiotherapists etc.), counselors, technicians etc. He/she should be able to interpret reports and plan research, teach medical (both under-graduate and post-graduates) and paramedical personnel, educate the person with disability, family, rehabilitation team members and community, and be well versed with recent advances, administrative, financial, ethical and legal aspects related to the specialty.

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1. Goal

The overall objective is to impart a thorough and comprehensive training to a medical postgraduate so that at the end of this training he/she becomes a knowledgeable, skilled, and competent Physical Medicine and Rehabilitation (PMR) specialist, capable of discharging his/her duties as expected under different settings, in an ethical manner.

2. Program Outcome

At the end of the PG training the student should acquire capabilities in;

Patient care abilities	• Knowledge of Basic Sciences related to PMR • Community Based Rehabilitation • Principle and Prescription of Physiotherapy, Occupational therapy, Prosthetic and Orthotics, and Psycho-socio-vocational counselling • Environment and Health
Clinical decision making ability and Management expertise	• Musculoskeletal Medicine and Rheumatology • Pediatric Neurological and Behavioural conditions • Neurological Rehabilitation • Sports Medicine and Sports Rehabilitation • Principle of Musculoskeletal Ultrasonography and guided interventions • Electro diagnosis • Interventional Pain management • Principles of Neuromodulation and Radiofrequency in pain management • Principle of Fabrication and fitment of Prosthetic, Orthotic and assistive devices.
Teaching	• Acquire ability to teach MBBS students in simple and straightforward language about common musculoskeletal, neurological and pediatric disorders and sports injuries with general principles of therapeutic management. • Disability awareness and etiquettes. • Public speaking in Seminars/ Meetings/ Conference
Research	• Develop the ability to conduct research on clinical materials available in the hospital and community.

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3. Duration of program: Three years

4. Eligibility: MBBS

5. Selection: Entrance Examination

6. Syllabus

6.1 List of Theory topics to be covered during curriculum;

Sr. No	Topic	Specific details
1.	Philosophy, history, scope and need of Rehabilitation Medicine.	
2.	Introduction, epidemiology, prevention and development of Disability.	
3.	Patient Evaluation	History taking Clinical evaluation, Muscle Charting, Joint Range of Motion Goniometric examination Investigations Electro diagnosis Musculo-skeletal Ultrasonography
4.	Anatomy and Biomechanics of shoulder, elbow, spine, hip, knee and ankle joint.	
5.	Exercise and Muscle Nerve Physiology	
6.	Rehabilitation of patients with spinal cord injury	Anatomy and physiology of the spine and spinal cord Mechanism of injury and fractures of spine Clinical presentation and acute management along with early rehabilitation Rehabilitation of a paraplegic Rehabilitation of a quadriplegic Management of bladder and bowel Management of complications of spinal cord injury

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7.	Rehabilitation of patients with amputations	Indications, levels and surgical techniques Prehabilitation of patients Immediate, temporary and permanent fitting of prosthesis according to amputation level Rehabilitation of upper and lower limb amputees
8.	Rehabilitation of patients with neurologic disorders	Neuropathies, Bell 's palsy, LGB syndrome, Multiple sclerosis, Parkinson disease, Movement Disorder, etc
9.	Rehabilitation of patients with diseases of muscles	Introduction, types, inheritance Presentation, diagnosis Management and Rehabilitation
10	Rehabilitation of patients with neurogenic bladder, incontinence, and principles of urodynamic studies.	
11	Spasticity assessment and management	
12	Neurogenic bowel dysfunction and rehabilitation	
13	Rehabilitation of patients with diseases of metabolic disorders	Osteoporosis, Osteomalacia, Rickets Diabetes Mellitus Gout, Inborn errors of Metabolism
14	Rehabilitation of patients with diseases of back pain	Introduction, causes, presentation Rehabilitation and conservative management along with interventions.
15	Rehabilitation of patients with diseases of neck pain	
16	Rehabilitation of patients with Chronic pain	
17	Rehabilitation of patients with Cerebral Palsy	Introduction Pathophysiology Classification and clinical evaluation Rehabilitation.
18	Rehabilitation with patients with diseases of pulmonary diseases	Introduction, diagnosis, investigations Rehabilitation of C.O.P.D. and other pulmonary conditions
19	Rehabilitation of patients with cardiovascular diseases	Anatomy and physiology of heart, Pathophysiology of Coronary artery disease, Myocardial infarction, Hypertension, Arrhythmia. Principles of cardiac rehabilitation

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		Rehabilitation of post M.I. patient and post coronary artery bypass surgery patient
20	Rehabilitation of patients with Stroke	Introduction causes, presentation, investigation Initial management and prevention of complications Rehabilitation of a hemiplegic patient
21	Rehabilitation of patients with Traumatic brain injury	Introduction, causes, mechanism of injury, presentation Rehabilitation of a Brain injured patient Complication of Traumatic brain injury
22	Rehabilitation of patients with poliomyelitis	Introduction, pathogenesis Clinical presentation, acute management Rehabilitation of polio patient Prevention of polio Management of PPRP
23	Rehabilitation of patients with Musculoskeletal problems	Plaster applications Management of Volkmann's Ischemic Contracture Hand Rehabilitation Fractures and complications. Spinal deformities Congenital deformities C.T.E.V. Common foot disorders Osteoarthritis Post-surgical patient Hip and knee contractures Correction of Equines deformity Principles of tendon transfers of foot and ankle Foot stabilization operations –(Basic principles and various techniques)
24	Rehabilitation of patients with vascular diseases	
25	Rehabilitation of patients with Hemophilia	
26	Rehabilitation of patients with Arthritis and other Rheumatological disorders	
27	Rehabilitation of patients with Leprosy	

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28	Rehabilitation of patients with Burns	
29	Rehabilitation of patients with Spinal Dysraphism	
30	Rehabilitation of patients with Peripheral Nerve Injuries	
31	Rehabilitation of patients with chronic wounds including Pressure ulcer and Diabetic foot ulcer	
32	Rehabilitation of patients with (hearing) speech and swallowing disorder	
33	Rehabilitation of patients with sports injuries and sports related disorders	
34	Geriatric Rehabilitation	Introduction, Senescence, problems of ageing Rehabilitation of a geriatric patient
35	Rehabilitation of patients with cancer related disability	Introduction, relative incidence, rehabilitation, cancer pain management
36	Principles of rehabilitation medicines as applied to Obstetrics and Gynaecology	
37	Rehabilitation of patients with Vestibular system problems including hearing impairments	
38	Principles of disability evaluation	
39	Computers in Rehabilitation Medicine	
40	Organization and administration of Rehabilitation Medicine Services	
41	Principles of Physical Modalities	
42	Rationale of Physical Therapy	
43	Rationale of Occupational Therapy	
44	Rationale of A.D.L. (Activities of Daily Living) and IADL training	
45	Rationale in the use of Wheel Chair	
46	Human Walking. Gait analysis and training	

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47	Orthotics	Introduction, definitions, indications Biomechanics, Prescription Writing, Check out Different types of orthoses for lower limbs, upper limbs and spine Recent advances in Orthotics
48	Prosthetics	Introduction, definitions, indications Biomechanics, prescription writing Assessment of patient, check out of prosthesis Upper and lower limb prostheses Recent advances in prosthetics
49	Principles of rehabilitation of visually handicapped	
50	Principles of rehabilitation of mentally retarded	
51	Principles of management of psychological problems	
52	Principles of management of social problems	
53	Principles of management of vocational problems	
54	Recent Advances in rehabilitation	
55	Law in relations to disability	
56	Joint and Soft tissue injection techniques	
57	Radiology in rehabilitation	
58	Medical Emergencies in Rehabilitation Medicine	
59	Sexuality in Disabled	

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6.2 List of Practical training to be covered during curriculum;

Topics
Principle and practice of plaster casting application for deformity correction.
Principle and practice of Total Contact Casting for Foot ulcer management
Principle and practice of Musculoskeletal Ultrasonography with guided interventions for pain management
Principle and practice of managing Acute Spine injury, Traumatic Brain Injury, Poly-trauma
Principle and practice of Sports injuries assessments and its management
Diabetic Foot screening and management
Principle and practice of Lymphedema management
Evaluation of limb deformity and its correction using surgical and nonsurgical measures
Muscle Strength Assessment
Gait Assessment
Principle and practice of Electromyography and Nerve conduction studies
Evaluation of Neurogenic Bladder and its management
Evaluation of Neurogenic Bowel and its management
Evaluation of Speech and Swallowing disorder and its management
Assessment of Activities of daily living and Instrumented Activities of daily living and modification
Principle and practice of Spinal pain management
Guided interventions for various Rheumatologic conditions
Interventions for Spasticity management
Principle and Practice of Early Intervention Program for Neuro-rehabilitation
Principle and practice of Cardio-Pulmonary Rehabilitation
Applied principle and practice of Prosthetic and Orthotic Manufacture and Designing
Evaluation of Disability
Identification and management of medical emergencies in Rehabilitation

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6.3 List of Paper with distribution of the topics

Paper I	Basic Health Sciences (Anatomy, Physiology, Pharmacology, Pathology etc.), and Basic Concepts as applied to Physical Medicine and Rehabilitation, Public Health, Nutrition, Therapeutic Exercises, Basic concepts of Disability, ICF, CBR, Biomechanics and Kinesiology, Electro-diagnostics and therapeutics, Aids and Appliances, Assistive Technology, and Basics of medical and surgical practice etc.
Paper II	Principles and Practice of Physical Medicine and Rehabilitation as applied to Medical, Pediatric, Geriatric conditions, Non-Communicable Diseases, Neurological, Cardio-pulmonary, Cancers, Pain, Rheumatologic conditions, Mental illnesses, Developmental disorders, Osteoporosis, Multiple disabilities etc.
Paper III	Principles and Practice of Physical Medicine and Rehabilitation as applied to Surgical, Orthopedic, Trauma conditions (Musculoskeletal, Spinal Cord Injury, Traumatic Brain Injury, Sports Medicine, Amputations, Speech and Hearing, Vision related disorders, Organ Transplantation etc.)
Paper IV	Recent Advances as applied to Physical Medicine and Rehabilitation including Legislation, Disability Assessment and Certification, Assistive Technology, Environment and Accessibility related issues, etc.

7 Teaching learning Activities

The teaching learning activities would consist of:

- Journal clubs moderated by teachers.
- Seminars, symposia, panel discussion on suitable topics moderated by teachers.
- Small group discussion.
- Case Presentations
- Bedside Clinics
- Dissertation work presentation.
- Attend & participate in CME, conferences, workshops & share knowledge & experiences with others.
- Rotation in various Clinical Departments to gain the knowledge of various techniques used to study the functions of various systems

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7.1 Teaching schedule

Sr. No	Activity	Frequency
1.	PG Seminars	Once a Week
2.	Daily Clinics	Every Week
3.	Journal Club	Once a Week
4.	Case Presentations	Once a Week
5.	Dissertation progress Evaluation	Semi-annual

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7.2 Rotation Training Program

Sr No.	Department	Training program	Duration
1	Orthopedics	Basic Principles of Orthopedic Rehabilitation	Two weeks
2	Neurology	Basic Principles of Diagnosis, Evaluation and management of Neurological conditions	Two weeks
3	Neurosurgery	Basic Principles of Diagnosis, Evaluation and management of Neurosurgical conditions including Early rehabilitation in Neurological Trauma	One week
4	Psychiatry	Principle and management of Neurodevelopmental disorders, Psychological disorder associated with chronic conditions, CBT training	One week
5	Intensive care Unit	BLS and ACLS training	Two weeks
6	Burns and Plastic surgery	Principle of surgical management of Pressure Injury and Diabetic foot ulcers	One week
7	Pulmonary Medicine	Principle of management of Acute and Chronic pulmonary conditions with their Rehabilitation	One week
8	Cardiology	Principle of management of Acute and Chronic cardiac conditions with their Rehabilitation	One week
9	Pain and Palliative	Principle of management of Acute and Chronic pain management and Palliative care	One week

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8 Gantt chart for M. D. PMR activities

PG Activities		Semesters					
PG activity	Particulars	I	II	III	IV	V	VI
Academic	UG classes (Preparation and conduction)						
	Seminar presentation						
	Journal club presentation						
Dissertation	Selection of topic for thesis						
	Submission of Dissertation synopsis						
	Review of literature, data collection						
	Data collection						
	Data collection & Dissertation writing						
	Submission of Dissertation						
Clinical posting	Clinical rotation in other dept. (12 weeks)						
Research	6 month Basic Course in Biomedical Research						
MET	Basic course of MET						
Conference	Attend National/ State conference (oral/poster presentation)						
	Paper presentation in National / State conference						
Paper publication	Publication of paper in peer reviewed journal						

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9 Dissertation

9.1 Every candidate shall carry out work on an assigned research protocol under the guidance of a recognized Postgraduate teacher; the protocol shall be written and submitted in the form of a Dissertation.

9.2 Every candidate shall submit Dissertation plan in form of synopsis to the Academic section within the given time frame.

Process to be completed within six months of admission to MS / MD program:

Activity	July admission	January admission
Selection of topic in consultation with PG Guide	September / October	March / April
Approval by Department PG Committee		
Institute Scientific Committee approval	November / December	May / June
Institute Ethics Committee approval		
Final approval letter by Academics Section	31st December	30th June

9.3 Dissertation shall be submitted to the Academic section **six months before the commencement of theory examination** i.e. by 31st December for June Examination and by 30th June for Dec examination.

9.4 The student will

- (i) identify a relevant research question;
- (ii) conduct a critical review of literature;
- (iii) formulate a hypothesis;
- (iv) determine the most suitable study design;
- (v) state the objectives of the study;
- (vi) prepare a study protocol;
- (vii) undertake a study according to the protocol;
- (viii) analyse and interpret research data, and draw conclusions;
- (ix) write a research paper for Presentation / Publication.

10. Assessments

10.1 Continuous assessments

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*** Note:** The first five reports will be taken into consideration to decide the eligibility of the student to appear for the Professional Examination.

b) **Dissertation:** It will be assessed separately before the summative assessment.

c) **Logbooks:** The performance of the Postgraduate student during the training period should be monitored throughout the course and duly recorded in the log books as evidence of the ability and daily work of the student.

10.2 Formative Assessment Timeline

	At the end of I year	At the end of II year	At the end of III year
Formative Assessment	1 st Internal Assessment Examination	2 nd Internal Assessment Examination	Pre professional Examination
Format of Examination	- One theory paper - Practical examination	- One theory paper - Practical examination	- Four theory papers - Practical examination including theory viva

11. Gantt Chart for Assessment in MD PMR program

Assessment		Semesters					
Type	Tool / Mode	I	II	III	IV	V	VI
Continuous	Progress report (six monthly)						
	Dissertation						
	Logbook						
Formative	First Internal Assessment						
	Second Internal Assessment						
	Pre-professional examination						
Summative	Professional examination						

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12. Recommended Books and Journals:

1. Text book of Physical Medicine and Rehabilitation -Braddom's RL (latest edition)
2. Rehabilitation Medicine: Principles and Practice -DeLisa JA (latest edition)
3. Text book of Rehabilitation Medicine - Rusk HA(latest edition)
4. Physical Medicine and Rehabilitation Oral Board Review: Interactive Case Discussions. Editor: R. Samuel Mayer. Publisher: Demos Medical 1st edition
5. Essentials of Physical medicine & Rehabilitation - Silver(latest edition)
6. Physiological Basis of Rehabilitation Medicine - Downey & Darlings (latest edition)
7. Physical Rehabilitation Assessment & Treatment - O'sullivan (latest 6th edition)
8. Physical medicine & Rehabilitation Review -Robert Kaplan (latest edition)
9. Essentials of Physical Medicine and Rehabilitation: Musculoskeletal disorders, Pain and Rehabilitation. Edited by Walter R Fontera, Julie K Silver, Thomas D Rizzo Jr. Elsevier 4th edition
10. Joint structure and function, A comprehensive analysis, Cynthia c. Norkin, Pam Levangie 4th edition
11. Spinal Cord Medicine –Denise J C, Delisa J(latest edition)
12. Kelly's Text book of Rheumatology- Ruddy, Harris and Sledge(latest edition)
13. Turek's Orthopaedics: Principles and Applications- Weinstein S L, Buckwalter J(latest edition)
14. Treatment and rehabilitation of fractures – Hoppenfeld & Murthy (latest edition)
15. Treatment Planning for Rehabilitation: A patient centered Approach(latest edition) – Ozar (latest edition)
16. Rehabilitation of the lower limb Amputee - W. Humm (latest edition)
17. AAOS Atlas of Orthosis and Assistive Devices. Editor Joseph Webster, Douglas Murphy. Elsevier 5th Edition
18. AAOS Atlas of Amputations and Limb Deficiencies: Surgical, Prosthetic and Rehabilitation Principles. Editor Joseph Ivan Krajch. Wolters Kluwer Health. American Academy of Orthopaedic Surgeons 4th edition.

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19. Fundamentals of Pain Medicine - Jianguo Cheng(latest edition)
20. Pain Management in Rehabilitation- Monga & Grabois (latest edition)
21. Atlas of Interventional Pain Management. Ed. Steven D Waldman. Philadelphia: W B Saunders 4thEdition
22. Atlas of Ultrasound-Guided Musculoskeletal Injections (Atlas Series). Editor: Gerard Malanga; Kenneth Mautner. McGraw-Hill Education 2014 EDITION
23. Comprehensive Atlas of USG Guided Pain Management Injection Techniques. Ed. Steven D Waldman. Lippincott Williams Wilkins 1st Edition
24. Stroke Rehabilitation: A Function-Based Approach - Glen Gillen (latest edition)
25. Neurological Rehabilitation Optimizing Motor Performances. Ed Janet H Carr. Elsevier 2nd Edition
26. The Little Black Book of Neurology. Editor: Alan J. Lerner. Saunders 5th Edition.
27. The upper limb in Tetraplegia – Moberg (latest edition)
28. Rehabilitation of the Spine – Liebensohn (latest edition)
29. Physical Rehabilitation of the Injured Athlete. James R Andrews, Kevin E Wilk, Garry L Harrelson. Saunders 4th Edition
30. Brukner and Khan's – Clinical Sports Medicine. Peter Brukner And Karim Khan. McGraw Hill Education 5th Edition
31. Pulmonary Rehabilitation - Simonds. (latest edition)
32. Textbook of Pulmonary Rehabilitation. Editor: Enrico Clini, Anne E. Holland, Fabio Pitta, Thierry Troosters. Springer 1stedition (2018 edition).
33. Guidelines for Cardiac Rehabilitation and Secondary Prevention Programmes. American Association of Cardiovascular and Pulmonary Rehabilitation. Publisher: Human Kinetics. 5th edition.
34. Pedretti's Occupational Therapy- Practice Skills for Physical Dysfunction. Editor: Heidi McHugh Pendleton. Elsevier Publication 7th Edition
35. Occupational Therapy for Children. Editor: Jane Case-Smith and Jane Clifford O'Brien. Elsevier7thEdition
36. Movement disorders: A Clinical and therapeutic approach - Kumar Das Shyamal (latest edition)

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37. Ergonomics at Work- Osborne (latest edition)
38. Exercise management for persons with chronic disease and disability- ACSM (latest edition)
39. Clinical evaluation and diagnostic tests for Neuromuscular disorders, Tulio E. Bertorini
40. Shapiro's Electromyography and Neuromuscular Disorders: Clinical-Electrophysiologic Correlations. Editor: David C. Preston MD FAAN, Barbara E. Shapiro. Saunders 3rd edition
41. Kinesiology: The mechanics and pathomechanics of human movement, Carol A. Oatis
42. Kelley's Textbook of Rheumatology. Editor: Gary S. Firestein , Ralph C. Budd. Saunders, 11th Edition

JOURNALS

1. Archives of Physical Medicine & Rehabilitation
2. American Journal of Physical Medicine & Rehabilitation
3. American Journal of Physical therapy
4. American Journal of Occupational Therapy
5. Arthritis and Rheumatism
6. American Journal of sports Medicine
7. British Journal of Bone and Joint Surgery
8. British Medical Journal
9. Development Medicine & Child Neurology
10. Disability and Rehabilitation
11. Indian Journal of Physical Medicine & Rehabilitation (IJPMPR)
12. Indian Journal of Pediatrics
13. Indian Pediatrics
14. Journal of Bio-Mechanics
15. Journal of Hand therapy

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16. Journal of Paediatric Orthopaedics
17. Journal of Post Graduate Medical Education, Training and Research(NBE)
18. Journal of Prosthetics Orthotics International
19. Journal of Rehabilitation Research and Development
20. Journal of Rheumatology
21. Clinical Journal of Pain
22. Pain Physician
23. Leprosy in India
24. National Medical Journal of India (NMJI)
25. Neurology India
26. Physical Medicine & Rehabilitation Clinics of North America
27. Physical Therapy
28. Scandinavian Journal of Rehabilitation Medicine
29. Spinal Cord
30. Stroke
31. The Hand
32. The Journal of musculoskeletal medicine
33. The Journal of musculoskeletal Research