

First B.O.Th. Year

B.O.Th. : 104 FUNDAMENTALS OF OCCUPATIONAL THERAPY –I

Total Hours: 240 (theory – 80, practical – 160)

Theory: 100 marks (University examination: 70, Internal Assessment: 30)

Course Objectives:

The Students will be able to fulfill the following objectives of the course

- 1) a) Describe the history & development of Occupational Therapy internationally. Describe the present development of Occupational Therapy in India including organization of All India Occupational Therapists association
- b) Define Rehab, discuss philosophy of rehab with reference to principles of physical medicine & briefly outline the role of different team members, describe Occupational therapist's contribution as a part to total rehab team.
- 2) Briefly explain theory of Occupation & various area of occupation understanding various dimensions as applied to Occupational Therapy.
- 3) Describe the occupational performance model with respect to physical dysfunction, treatment continuum based on this model & relationship of the model to treatment approaches viz, biomechanical, motor control & rehabilitation.
- 4) Describe generalized & specific principles of therapeutic exercises. Explain type of movements, muscle contraction used in exercise. Describe classification of exercises & application to activity. State application of principles to develop muscle strength, endurance, coordination, range of motion. Briefly outline principles of progressive exercises; brief repetitive isometric exercises and regressive resistive exercises.
- 5) Describe therapeutic modalities. Outline treatment objectives for purposeful activities & its characteristic. Describe principles of activity analysis in respect to biomechanical, sensory motor & socio-cultural aspects. Briefly, outline criteria for selection of activity.
- 6) Describe principles & methods of testing range of motion & muscle strength.
- 7) Define, classify & state various testing methods of sensation, perception, coordination and muscle tone.

PRACTICALS:

- 1) Acquire the skill of assessment of range of motion of joints of U.E & L.E. on normal subjects
- 2) Acquire the skill of assessment of group muscle strength in U.E. & L.E. on normal subject.
- 3) Analyze activities such as shoulder wheel, Bicycle fretsaw, eating inclined sanding, Medicine Ball Kicking.

Syllabus: B.O.Th. 104

- 1) Definition and scope of Occupational Therapy (10 hrs)
 - a) History & development of CT.
 - b) Rehabilitation Philosophy, rehab team, need of rehab. Principles of physical medicine.

- 2) Theory of Occupation - (05 hrs)

Forms of occupation, occupation as evolutionary trait, Biological dimensions, Social dimensions, Psychological dimensions of occupation, Application of theory to occupational Therapy.

- 3) Occupational performance model with respect to physical dysfunction (05 hrs)

Treatment continuum based on this model & relationship of the model to treatment approaches viz biomechanical, motor control & rehabilitation.

- 4) Principles of Therapeutic Exercise: (15 hrs)
 - a) Generalized & specific principles
 - b) Types of Movements, Muscle contraction used in exercise
 - c) Exercise classification & application to activity
 - d) Objective to develop i) Power ii) Endurance iii) Coordination iv) ROM
 - e) Progressive resistive exercise (PRE), Regressive resistive exercise (RRE), brief repetitive isometric exercise (BRIME)

- 5) Therapeutic Modalities: (10 hrs)

Purposeful activity & characteristics

- 6) Activity Analysis: (15 hrs)
 - a) Principles of activity analysis
 - b) Biomechanical & sensory motor
 - c) Adapting & grading activity
 - d) Selection of activity

- 7) Principles and methods of Assessment (10 hrs)
 - a) Joint range of motion
 - b) Muscle strength

- 8) Definition, classification, variation in testing methods of following (10 hrs)
 - a) Muscle tone
 - b) Coordination
 - c) Sensation
 - d) Perception

TEXT BOOKS RECOMMENDED

- 1) Muscle Testing & function by F.R Kendall
- 2) Occupational Therapy for Physical Dysfunction by C.A. Trombly.
- 3) Measurement of joint motion : a guide to goniometry by C.. Norkin & D.J. White
- 4) Willared & Spackman's Occupational Therapy
- 5) Introduction to Occupational Therapy by Ann. Turner
- 6) O.T. Practice skills for Physical Dysfunction by LV. Pedretti
- 7) Principle of Exercise Therapy by Dena Gardiner
- 8) Therapeutic Exercises by J. Basmajian & Wolf
- 9) Daniel's & Worthingham's Muscle testing.