



**Annexure 41 A of BOM-57-2019
dated 26.04.2019**

MGM SCHOOL OF PHYSIOTHERAPY
(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES)
(Deemed University u/s 3 of UGC Act 1956)
Grade "A" Accredited by NAAC
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CHOICE BASED CREDIT SYSTEM

CURRICULUM FOR

MASTER OF PHYSIOTHERAPY (MPT)
Specialty - Musculoskeletal Physiotherapy

DEGREE PROGRAM
(2019)

Name of the Programme	Master Of Physiotherapy (MPT) Specialty –Musculoskeletal Physiotherapy
Name of the Course	Women’s Health
Course Code	MPTAEEC005
Credit per Semester	3 credits
Hours per Semester	60 hours

Teaching Objective	Women’s health course is designed to develop Physiotherapists with the knowledge and skills to facilitate the holistic management of women’s health issues. Emphasis is placed on the importance of the health needs of the individual, health promotion and empowerment of the woman.
Learning Outcomes	<ul style="list-style-type: none"> • Demonstrate a comprehensive and detailed knowledge of anatomy and physiology of the female reproductive system. • Demonstrate a comprehensive and detailed knowledge of altered physiology related to an aspect of women’s health. • Evaluate the principles underpinning approaches to assessment and management of different aspects of women’s health. • Synthesize, appraise and evaluate evidence from a range of sources to underpin the care and management of women’s health. • Evaluate information obtained during patient assessment that will identify women at risk of female-related disorders. • Develop and evaluate Physiotherapy strategies appropriate to the management of women’s health. • Plan, manage and evaluate an appropriate prescription of care according to the individual women’s health needs.

Course Outcomes	
CO 1	Develop an in depth knowledge of anatomy and physiology of female reproductive system to help assess and manage impairments related to women’s health.
CO 3	Ability to predict and prevent secondary impairments and/or pathologies across systems.
CO 4	Ability to design rehabilitation protocol and implement the same for improvement of impairments pertaining to women’s health.

Unit	Topics	No. of Hrs.
1	Women’s health and Physiotherapy: <ul style="list-style-type: none"> • Adolescence. Puberty and Menarche • Musculo-Skeletal System 	5
2	The Child Bearing Year: <ul style="list-style-type: none"> • Overview of Pregnancy and the Puerperium. • Pregnancy and the Puerperium: Physiological Changes. • The Psychological and Emotional Aspects of Childbearing. 	5

Curriculum for Master of Physiotherapy (Specialty-Musculoskeletal Physiotherapy)

	<ul style="list-style-type: none"> • Perinatal Sexuality. • Musculo-Skeletal Changes Associated with the Perinatal Period. • Ante-Natal Education. • Fitness in Childbearing Year. 	
3	Labour and Physiotherapy: <ul style="list-style-type: none"> • Physiology of Labour. • Coping with Labour: What Are the Options? • Post-Natal Management. 	4
4	Menopause <ul style="list-style-type: none"> • Physiological and Endocrine Changes of Menopause. • Physical and Psychological Changes Related to Menopause. 	2
5	Women with Special Needs <ol style="list-style-type: none"> Physiotherapy Management of Pelvic Floor Dysfunction. Osteoporosis. Rehabilitation after Breast Cancer. Physiotherapy and Gynaecological Surgery. Physiotherapy Management of Lymph oedema. Women in the Workplace: Ergonomic Control of Musculo-Skeletal Injuries. The Aged. 	4
	Practicals/Seminars: Case presentations, Demonstration of exercises and treatment protocol in management of conditions affecting women's health	40
Total		60

EXAMINATION SCHEME

Internal examination pattern (Theory): 40marks

Question type	No. of questions	Marks/question	Question X marks	Total marks
Short answers	8	5	8x5	40
Total				Total= 40

RECOMMENDED TEXT BOOKS

1. Women's Health A Textbook for Physiotherapists- Ruth Sapsford Joanne Bullock-Saxton Sue Markwell.
2. Physiotherapy Care for Women's Health- [Baranitharan](#).