

# Recent Trends in Physiotherapy

**Paper Code- RCW-4-29**

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UNITS	CONTENTS	Contact HRS.
1.	<b>SPORTS</b> 1. Pain management 2. Nutrition & Energy 3.Transfer for Physical Activity 4.Temperature Regulation	10
2.	<b>CARDIORESPIRATORY</b> 1.Cardio Pulmonary System and Exercise 2.Principles of endurance and strength training 3.Fundamentals that aid training and performance 4.Analysis of Training	10
3.	<b>MUSCULOSKELETAL</b> 1.Evidence for Exercise and Self-Management Interventions for Lower Limb Osteoarthritis 2.Using Evidence-Based Practice for Upper Extremity Musculoskeletal Disorders  <b>ORTHOPAEDIC</b> Physiotherapy Rehabilitation Following Primary Total Knee Arthroplasty	10
4.	<b>NEUROLOGICAL</b> 1.Practice and Feedback for Training Reach-to-Grasp in a Patient with Stroke 2.Improving Walking After Stroke Using a Treadmill 3.Treatment of the Upper Limb Following Stroke: A Critical Evaluation of Constraint Induced Movement Therapy	10

Reference books ;

- 1..Mc Ardle, Katch, Katch: Exercise Physiology Edition IV.
- 2.Era Volinski: Nutrition and exercise in Sports - CRC Press, New York.
- 3.George A. Brooks, Thomas D. Fahey: Exercise Physiology – Human Bioenergetics and its applications 1984, John Wiley & Sons, New York.
- 4.Astrand & Rodahl: Text Book of Work Physiology, McGraw Hill.
- 5.Fox and Mathews - The Physiological Basis of Physical Education and athletics – Holt Saunders.
- 6.Erston and Reilly - Kinanthropometry and Exercise Physiology Laboratory Manual tests, Procedures and Data - F & FN Spon Madras.
- 7.Rowland - Developmental Exercise Physiology - Human Kinetics.
- 8.Clarke - Exercise Physiology - Prentice Hall.
- 9.Paulette M. Van Vliet and Katherine Durham.
- 10.Louise Ada and Catherine M. Dean.