

**DEPARTMENT OF PHYSIOTHERAPY**  
**L.T.M.M.COLLEGE & L.T.M.G. HOSPITAL, SION, MUMBAI-22.**  
**SECOND B.P.T. (Competency Based Physiotherapy) 2025-2026**  
**KINESIOLOGY AND MOVEMENT SCIENCE PAPER II**

**Theory Portion**

Sr. No.	Topic	Teacher Name
1.	Regional Kinesiology:	
	a) Elbow Complex	Dr. Sachin Etam
	b) Knee Complex	Dr. Sachin Etam
	c) Vertebral Column	Dr. Sachin Etam
	Thorax.	Dr. Pratibha Gaikwad
	d) Temporo-mandibular Joint	Dr. Sachin Etam
	e) Ankle and Foot Complex	Dr. Pratibha Gaikwad
	f) Wrist and Hand Complex	Dr. Vishakha Patil
2.	Kinesiology of Posture	Dr. Sachin Etam
3.	Kinesiology of Gait	Dr. Sachin Etam
4.	Kinesiology of Activities of Daily Living	All Teachers

Formative Exam I- 1 a, b and 2 .

Formative Exam II- 1 c, d and 3

Formative Exam III- 1 e, f and 4

*PA Gaikwad*  
**Dr. Pratibha Anil Gaikwad (PT)**  
Professor (Additional) and Incharge  
Physiotherapy Department, L.T.M.M.C. & G.H.  
Sion, Mumbai - 400 022.

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**PHYSIOTHERAPY PAPER III (ELECTROTHERAPY-II)**

**Theory Portion**

Sr. No.	Topic	Teacher Name
1. Low Frequency Currents:		
	a) Faradic Currents	Dr Esther Katarnawre
	b) SDC	Dr Vishakha Patil
	c) TENS	Dr Vishakha Patil
	d) Galvanic / Direct currents	Dr Esther Katarnawre
	e) Microcurrents	Dr Esther Katarnawre
	f) Diadynamic Currents	Dr Esther Katarnawre
	g) High Voltage Currents	
2. Medium Frequency Currents		
	a)IFT	Dr Vishakha Patil
	b)Russian currents	Dr Vishakha Patil
3. High Frequency Currents		
	SWD	Dr Esther Katarnawre
4. Actinotherapy		
	a)IR	Dr Esther Katarnawre
	b)UVR	Dr Esther Katarnawre
	c)LASER	Dr Vishakha Patil
5. Electrotherapy	Wound healing	All Teachers
6. Introduction to advance Electrotherapy		
	a)TECAR Therapy	Dr Esther Katarnawre
	b)Shockwave Therapy	Dr Vishakha Patil

Formative Exam I- 1 a,b and 4 a

Formative Exam II- 1 c-g, 2 and 3

Formative Exam III- 4 b,c, 5 and 6

*Pratibha*  
**Dr. Pratibha Anil Gaikwad (PT)**  
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PHYSIOTHERAPY PAPER III (ELECTROTHERAPY-II)

Practical Portion

Sr. No.	Topic	Teacher Name
1	Faradism under pressure- Lower limb	Dr Esther Katarnawre
2	Faradism under pressure- Upper limb	Dr Esther Katarnawre
3	Motor Point/ Strength Duration Curve- Ulnar nerve	Dr Vishakha Patil
4	Motor Point/ Strength Duration Curve- Median nerve	Dr Vishakha Patil
5	Motor Point/ Strength Duration Curve- Radial nerve	Dr Vishakha Patil
6	Motor Point/ Strength Duration Curve- Axillary nerve	Dr Vishakha Patil
7	Motor Point/ Strength Duration Curve- Musculocutaneous nerve	Dr Vishakha Patil
8	IR	Dr Esther Katarnawre
9	Iontophoresis	Dr Esther Katarnawre
10	TENS	Dr Vishakha Patil
11	IFT	Dr Vishakha Patil
12	SWD- Knee & Shoulder	Dr Esther Katarnawre
13	SWD- Back & Neck	Dr Esther Katarnawre
	Motor Point/ Strength Duration Curve- Sciatic nerve	Dr Vishakha Patil
14	Motor Point/ Strength Duration Curve- Tibial nerve	Dr Vishakha Patil
15	Motor Point/ Strength Duration Curve- Common Peroneal nerve	Dr Vishakha Patil
16	Motor Point/ Strength Duration Curve- Facial nerve	Dr Vishakha Patil
17	UVR	Dr Esther Katarnawre

Formative Exam I- 1 TO 8

Formative Exam II- 9 TO 15

Formative Exam III- 16 TO 17

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**PHYSIOTHERAPEUTICS IV (KINESIOTHERAPY PAPER II)**

**Theory Portion**

Sr. No.	Topics	Teacher Name
1	Biophysical properties of soft tissues, therapeutic implications and application to stretching	Dr Esther Katarnawre
2	Manual Muscle testing	Dr. Pratibha Gaikwad
3	Vicarious movements	Dr. Pratibha Gaikwad
4	Bronchial Hygiene Therapy	Dr. Pratibha Gaikwad
5	Strengthening of muscles	Dr. Pratibha Gaikwad
6	Hydrotherapy	Dr. Sachin Etam
7	Neuromuscular coordination and Balance	Dr. Sachin Etam
8	Motor control theories	Dr. Sachin Etam
9	Functional rehabilitation	Dr. Sachin Etam
10	Home Exercise program	Dr. Sachin Etam
11	Therapeutic traction	Dr. Sachin Etam

Formative Exam I- 1 TO 4

Formative Exam II- 5 TO 7

Formative Exam III- 8 TO 11

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**PHYSIOTHERAPEUTICS IV (KINESIOTHERAPY PAPER II)**

**Practical Portion**

<b>Sr. No.</b>	<b>Topics</b>	<b>Teacher Name</b>
1	Posture	Dr. Sachin Etam
2	Tightness- Upper Limb	Dr. Esther Katarnawre
3	Tightness- Lower Limb	Dr. Esther Katarnawre
4	Manual Muscle testing- Upper limb	Dr. Pratibha Gaikwad
5	Manual Muscle testing- Lower limb	Dr. Pratibha Gaikwad
6	Breathing Exercises	Dr. Pratibha Gaikwad
7	Postural Drainage	Dr. Pratibha Gaikwad
8	ACBT / Autogenic drainage	Dr. Pratibha Gaikwad
9	Strengthening (Proximal)- Shoulder & Hip	Dr. Pratibha Gaikwad
10	Strengthening (Intermediate)- Elbow & Knee	Dr. Pratibha Gaikwad
11	Strengthening (Distal)- Ankle & Wrist	Dr. Pratibha Gaikwad
12	Individual Muscle Testing- Shoulder	Dr. Sachin Etam
13	Individual Muscle Testing- Shoulder Girdle	Dr. Sachin Etam

*P. Gaikwad*  
**Dr. Pratibha Anil Gaikwad (PT)**  
Professor (Additional) and Incharge  
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14	Individual Muscle Testing- Elbow & Knee	Dr. Pratibha Gaikwad
15	Individual Muscle Testing- Hip	Dr. Pratibha Gaikwad
16	Individual Muscle Testing- Abdominals, Back extensors & Core	Dr. Sachin Etam
17	Neuromuscular coordination and Balance exercises	Dr. Sachin Etam
18	Strengthening exercises for Spine	Dr. Sachin Etam
19	Gait	Dr. Sachin Etam
20	Individual Muscle Testing- Ankle & Foot	Dr. Sachin Etam
21	Individual Muscle Testing- Wrist & Hand	Dr. Vishakha Patil
22	Functional rehabilitation	Dr. Sachin Etam
23	Home Exercise program	Dr. Sachin Etam
24	Therapeutic traction	Dr. Sachin Etam
25	Walking aids	Dr. Sachin Etam

Formative Exam I- 1 TO 8

Formative Exam II- 9 TO 19

Formative Exam III- 20 TO 25

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**Second B.P.T. 2025-2026**  
**(Competency-based Entry Level)**  
**Academic Calendar**

Sr. No.	Time Frame	Academic Activities	Others
1.	February 2026	Orientation Programme Clinical Postings	Anti-Ragging form Submission
2.	March 2026	Regular Lecture and Practical Schedules Psychiatry Posting one Week Formative exam -I	Seminar on Communication Skills
3	April 2026	Clinical Postings Regular Lecture and Practical Schedules Betterment exam for Formative exam-I	
4	May 2026	Clinical Postings Formative exam -II Regular Lecture and Practical Schedules MUHS Summer Vacation for 15 Days	
5	June 2026	Clinical Postings Regular Lecture and Practical Schedules Betterment exam for Formative exam-II	Trinity - 2026
6	July 2026	Clinical Postings Regular Lecture and Practical Schedules Formative exam-III	
7	August 2026	Regular Lecture and Practical Schedules Betterment exam for Formative exam-III	
8	September 2026	Clinical Postings Regular Lecture and Practical Schedules	
9	October 2026	Clinical Posting Regular Lecture and Practical Schedules	
10	November 2026	Clinical Posting Regular Lecture and Practical Schedules Prelim Theory and Practical Exams	
11	December 2026	Clinical Postings Internal Assessment MUHS Exam For II - BPT	

*P. A. Gaikwad*  
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