

JSS COLLEGE OF PHYSIOTHERAPY

JSS Hospital Campus, Ramanuja Road, Mysore-570004, Phone NO: 0821-2548234

Fax: 2548368(Hospital) E-mail:jsscpt@jssonline.org

2nd YEAR UNIT PLAN FOR THE MONTH OF JUNE-2023

DATE /TIME	9am-10am	10am-11am	11am-12pm	12pm-1pm	2pm-3pm	3pm-4pm	4pm-5pm
Thursday 1/6/2023	SDL	EEI (Energy Expenditure Index) SANDEEP		Pathology	Pharmacology (2.30 to 4.30)		
Friday 2/6/2023	SDL	FIM SANDEEP		Pathology	Faradic foot bath (Theory)- VIJAY	Faradic foot bath (practical demonstration) VIJAY	Library
Saturday 3/6/2023	PARENT TEACHER MEETING						
Monday 5/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	Aerobic and anaerobic (practical's) SANDEEP		Faradic foot bath (practical-Self practice)		Self practice Exercise therapy or electrotherapy
Tuesday 6/6/2023	Self practice Exercise therapy or electrotherapy	Manual therapy and peripheral joint mobilization (Theory) MUKUND		Library	Wax therapy (Theory) UMA	Wax therapy (Practical's) UMA	Self practice Exercise therapy or electrotherapy
Wednesday 7/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	Faradism under pressure (Theory)	Faradism under pressure (practical demonstration)	Manual therapy and peripheral joint mobilization (Theory) MUKUND		Self practice Exercise therapy or electrotherapy

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Tuesday 13/6/2023	Self practice Exercise therapy or electrotherapy	Library	Strengthening techniques (practical's) a)Free exercise b)Active assisted exercise c) Resisted exercise d) Types of resisted exercise e) Specific exercise regimens f)Core strengthening VIJAY /Ronika/Deekshitha	Whirlpool bath (theory) UMA	NURSING	Self practice Exercise therapy or electrotherapy Whirlpool bath (practical's) UMA
Wednesday 14/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	Strengthening techniques (practical's) a)Free exercise b)Active assisted exercise c) Resisted exercise d) Types of resisted exercise e) Specific exercise regimens f)Core strengthening VIJAY /Ronika/Deekshitha	Manual therapy and peripheral joint mobilization (practical's) MUKUND/sushmitha / samhitha		Self practice Exercise therapy or electrotherapy

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Thursday 15/6/2023	Self practice Exercise therapy or electrotherapy	MASSAGE (Theory and practical's Definition, classification, physiological effects, therapeutic uses, contraindications, techniques, practical aspects, therapeutic applications of massage TEJASWINI		Pathology	Pharmacology (2.30 to 4.30)		
Friday 16/6/2023	Self practice Exercise therapy or electrotherapy	MASSAGE (practical's) TEJASWINI		Pathology	Cryotherapy (theory) UMA	Cryotherapy (practical's) UMA	Self practice Exercise therapy or electrotherapy
Saturday 17/6/2023	Self practice Exercise therapy		Self practice electrotherapy				
Monday 19/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	Balance (Theory) Describe balance, physiology behind balance, contribution of various systems to maintain balance, components of balance and causes of imbalance. Examine and evaluate balance, list the methods to treat balance		TENS (practical's- Demonstration) ASIF	TENS (supervised - practical's) ASIF	Self practice Exercise therapy or electrotherapy

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			impairment and training with proper indication and contraindication, precautions and effects. Sandeep/vaishnavi			
Tuesday 20/6/2023	Self practice Exercise therapy or electrotherapy	Library	Balance (practical's) Sandeep/vaishnavi	Moist heat therapy (theory) UMA	NURSING	Moist heat therapy (practical's) UMA
Wednesday 21/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	SWD (Theory) -Definition & principles of production. Methods of heat production by SWD, types of SWD electrode and effects. Effects & uses of SWD, dangers & C/I -PEME VIJAY	TENS (practical's- Demonstration) ASIF	TENS (supervised - practical's) ASIF	Self practice Exercise therapy or electrotherapy
Thursday 22/6/2023	Self practice Exercise therapy or electrotherapy	Suspension therapy (Theory practical's) Definition, Types, Principles, Instruments and techniques for upper and lower extremity TEJASWINI	Pathology	Pharmacology (2.30 to 4.30)		

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Friday 23/6/2023	Self practice Exercise therapy or electrotherapy	SWD (Practical's) VIJAY	Pathology	Cyclotherm (Theory) UMA	Cyclotherm (practical's) UMA	Self practice Exercise therapy or electrotherapy
Saturday 24/6/2023	Suspension therapy (practical's) TEJASWINI		Self practice electrotherapy			
Monday 26/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	Coordination (Theory) Describe about co ordination& inco- ordination; physiology behind coordination and its Principles List various methods to Evaluation. Describe & Demonstrate Frenkel's exercise, principles, techniques, precautions, effects and clinical implications. SHRUTHI /Sameer/Alisha	IFT (Theory) ASIF		Self practice Exercise therapy or electrotherapy
Tuesday 27/6/2023	Self practice Exercise therapy or electrotherapy	Library	Coordination (practical's) SHRUTHI /Sameer/Alisha	Fluidotherapy (Theory) UMA	NURSING	Fluidotherapy (practical's) UMA

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Wednesday 28/6/2023	Self practice Exercise therapy or electrotherapy	Microbiology	MWD- (Theory and practical's) definition, production, effects & uses, types of emitters, dangers & C/I, dosage VIJAY	IFT (practical's- Demonstration) ASIF	IFT (supervised - practical's) ASIF	Self practice Exercise therapy or electrotherapy
Thursday 29/6/2023	HOLIDAY					
Friday 30/6/2023	Self practice Exercise therapy or electrotherapy	MWD-practical's VIJAY	Pathology	Magnetic stimulation (Theory) UMA	Magnetic stimulation (practical's) UMA	Self practice Exercise therapy or electrotherapy