



STUDY GUIDE	
PROGRAM	MBBS
COURSE TITLE	REHABILITATION
ACADEMIC YEAR	4th Year, 2026
INTRODUCTION	<p>The rehabilitation module is structured to provide an introduction to rehabilitation medicine. Rehabilitation Medicine focuses on diagnosing and managing disease and its effects on the functioning of the individual. It is part of the science of medicine involved with the prevention and reduction of functional loss, activity limitation, and participation restriction arising from impairments, management of disability in physical, psychosocial, and vocational dimensions, and improvement of function.</p> <p>The students will have ample opportunity to be exposed to neurological rehabilitation (stroke and brain injuries), spinal cord injuries, orthopaedic and trauma rehabilitation, musculoskeletal and rheumatological rehabilitation, amputee rehabilitation, sports medicine, chronic pain rehabilitation, cardiopulmonary rehabilitation and community-based rehabilitation. The module is involved with the prevention and reduction of disability and handicap arising out of physical impairments and with the medical management of disability from a physical, psychological and vocational point of view.</p>
RATIONALE	Rehabilitation is an essential component of most management plans and general physicians must have a clear understanding of how this science can be incorporated to improve patient outcomes.

OUTCOMES	By the end of the module, students should be able to describe basic concepts related to rehabilitation medicine, e, g, definitions, rehabilitation interventions, treatment principles, and prognoses of common conditions necessitating rehabilitation care.
DEPARTMENTS INVOLVED	1. Institute of Physical Therapy & Rehabilitation 2. Department of Community Medicine
MODULE OBJECTIVES	By the end of the module, the students will be able to:
LECTURES COMMUNITY MEDICINE	<p>1. Medical Anthropology</p> <ul style="list-style-type: none"> •Describe the key concepts and theories in medical anthropology •Explain the historical development of medical anthropology and its relationship to other fields •Identify the role of medical anthropology in Pakistan •Compare social marketing & anthropology <p>2. Medical Ethics</p> <ul style="list-style-type: none"> •Describe Ethics with its various branches •Discuss the historical events of ethical evolution •Explain the principles of Medical Ethics •Determine the guidelines by PMDC <p>3. Geriatric Health</p> <ul style="list-style-type: none"> •Differentiate Between Geriatrics and Gerontology •Describe physiological & pathological aging •Identify common age-related diseases and their risk factors •Promote healthy ageing and independence in older adults. •Discuss the ethical considerations in end-of-life care. <p>4. Health program in Pakistan</p> <ul style="list-style-type: none"> • Differentiate between Program& Project • Discuss the horizontal & vertical health Program in Pakistan • Describe the Program Evaluation

	<p>5. Leadership in health</p> <ul style="list-style-type: none"> • Describe leadership • Explain different theories of Leadership • Identify the different styles of Leadership • Differentiate between Leadership & management roles
<p><u>LECTURES</u> REHABILITATION</p>	<p>1. Rehabilitation medicine: Introduction</p> <ul style="list-style-type: none"> • Define concepts of primary, secondary and tertiary prevention in the context of rehabilitation medicine • Describe the potentially disabling consequences of disease, disorders and injury <p>2. Community-based rehabilitation</p> <ul style="list-style-type: none"> • Define community-based rehabilitation • Describe the strategies for incorporating rehabilitation in the community • List the benefits of community-based rehabilitation <p>3. Impairment and disability and handicap</p> <ul style="list-style-type: none"> • Explain the purpose of rehabilitation • Describe the phases of rehabilitation after amputation. • Discuss concepts of impairment, disability, activity limitation and participation restriction • Describe the epidemiology, pathophysiology, clinical features and complications of diseases, disorders and injuries that may lead to impairment and disability

4. Rehabilitation evaluation

- Describe current tools and systems for the measurement of impairment, disability and activity limitation or participation restriction.

5. Assessment of disabilities

- Describe the potential role and benefit of specific medical and rehabilitation therapies in the assessment and management of disability
- Interpret relevant diagnostic investigations, including radiological and electro-diagnostic tests.

6. Rehabilitative management of common musculoskeletal disorders

- Describe the rehabilitation protocols for the following disorders Cervical spondylitis, Sciatica, Low back Pain, Adhesive capsulitis, Impingement, Epicondylitis, Carpal tunnel syndrome, DeQuervain's synovitis, Groin region pain, ligament tear, meniscal tear, Plantar Fasciitis & Ankle Sprain.
- Formulate differential diagnosis and therapeutic interventions for musculoskeletal conditions

7. Management of Arthritis

- Diagnose patient presenting with complications of arthritis
- Discuss rehabilitation interventions to improve joint range of movement (ROM), muscular strength, pain relief, balance and coordination

8. Rehabilitative Management of Osteoporosis

- Discuss Rehabilitative Management of Osteoporosis
- Justify a rehabilitation management plan for osteoporosis

9. Management of Fractures

- Summarize rehabilitation methods following surgical intervention for fractures

10. Pediatric Rehabilitation

- Summarize the theories of development and normal developmental milestones
- Describe assessment methods and rehab interventions for pediatric patients (Cerebral Palsy, Talipes Equino Varus, Duchene muscular dystrophy, Myopathies, Spina Bifida)

11. Rehabilitative management of common neurological disorders

- Discuss Common neurological conditions including Spinal cord injuries, Traumatic brain injuries, and Parkinson's disease
- Describe a comprehensive assessment plan for a patient presenting with a neurological disease
- Formulate differential diagnosis and therapeutic interventions for neurological conditions
- Justify a rehabilitation management plan that specifies appropriate modalities of assessment and treatment

12. Rehabilitative Management of Stroke

- Explain the process of assessment and management of rehabilitation of a patient with cerebrovascular disease
- Summarize rehabilitation management of stroke deficit

13. Rehabilitative management of common cardiac conditions

- Describe a comprehensive assessment of a patient presenting with common cardiac conditions and evaluate the potential for rehabilitation
- Formulate differential diagnosis and therapeutic interventions for common cardiac conditions

INTERNAL ASSESSMENT

Internal assessment will take place as per institutional policy

ANNUAL EXAMINATION

MCQs and OSCE/OSPE (observed + unobserved)

MODULE EVALUATION	The course will be evaluated through a feedback form which will be posted on the JSMU website
SUGGESTED BOOKS	<ul style="list-style-type: none"> ▪ Delisa's Physical Medicine and Rehabilitation, by Walter R. Frontera ▪ Physical Medicine and Rehabilitation board review, by Sara Cuccurullo, M.D. <p>Park's Textbook of Preventive & Social Medicine by K.Park</p> <p>Public Health and Community Medicine 8th Edition. Author: Ilya's, Ansari</p>