



# Dow University of Health Sciences



STUDENT HANDBOOK

DPT

Doctor of Physical Therapy  
(DPT)



PHYSIO  
THERAPY

ADMISSION IN



Session  
2025-2026



Admissions@duhs.edu.pk



Website: www.duhs.edu.pk

Dow Institute of Physical Medicine & Rehabilitation  
(DIPM & R)

## Vision - DUHS

“Be an academic leader by generating creative, collaborative, contextual resources to improve health and education by all possible means”.

## Mission -DUHS

“To provide leadership in creating and imparting knowledge through excellence in research and education with the aim to provide cost-effective, contextually relevant and quality community services through its faculty, staff and graduates, with continuous efforts for improvement through reflection and learning”

# **OVERVIEW OF DOW INSTITUTE OF PHYSICAL MEDICINE & REHABILITATION**

The Dow University of Health Sciences (DUHS) stands as a pioneering institution dedicated to advancing integrated education in medical and allied health sciences. Upholding its legacy of academic excellence and innovation, DUHS established the Dow Institute of Physical Medicine & Rehabilitation (DIPM&R) to nurture the next generation of skilled physical therapy professionals.

The Doctor of Physical Therapy (DPT) program at DIPM&R is a comprehensive five-year professional degree designed in alignment with the Higher Education Commission (HEC) curriculum and standards. Each academic year, a cohort of 100 students is admitted to the program, offered at the Ojha Campus, Karachi.

DIPM&R provides a dynamic learning environment supported by highly qualified and experienced faculty, state-of-the-art laboratories, and modern classrooms equipped with advanced teaching aids. The institute emphasizes both academic excellence and clinical competence, integrating evidence-based practice with hands-on clinical training.



# CURRICULUM

DPT Curriculum is recognized by Higher Education Commission (HEC) Pakistan.

## SCHEME OF STUDIES

### DOCTOR OF PHYSICAL THERAPY (DPT)

<b>FIRST PROFESSIONAL YEAR</b>	
<b>FIRST SEMESTER</b>	
ANATOMY –I	4(3-1)
PHYSIOLOGY-I	3(2-1)
KINESIOLOGY-I	3(2-1)
ENGLISH-I (FUNCTIONAL ENGLISH)	3(3-0)
PAKISTAN STUDIES	2(2-0)
INTRODUCTION TO COMPUTER	3(2-1)
<b>Credit Hours</b>	<b>18</b>
<b>SECOND SEMESTER</b>	
ANATOMY –II	4(3-1)
PHYSIOLOGY-II	3(2-1)
KINESIOLOGY-II	3(2-1)
ENGLISH-II (COMMUNICATION SKILLS)	3(3-0)
ISLAMIC STUDIES / ETHICS	2(2-0)
SOCIOLOGY	2(2-0)
<b>Credit Hours</b>	<b>17</b>
<b>SECOND PROFESSIONAL YEAR</b>	
<b>THIRD SEMESTER</b>	
ENGLISH-III (Technical Writing & Presentation Skills)	3(3-0)
MEDICAL PHYSICS	3(2-1)
ANATOMY –III	3(2-1)
PHYSIOLOGY-III	3(2-1)
BIOMECHANICS & ERGONOMICS-I	3(3-0)
BIOCHEMISTRY I	2(2-0)
<b>Credit Hours</b>	<b>17</b>
<b>FOURTH SEMESTER</b>	
ANATOMY-IV (Neuro Anatomy)	3(2-1)
BIOMECHANICS & ERGONOMICS-II	3(2-1)
HEALTH & WELNESS	2(2-0)
BIOCHEMISTRY II	3(2-1)
EXERCISE PHYSIOLOGY	3(2-1)
MOLECULAR BIOLOGY & GENETICS	2(2-0)

<b>Credit Hours</b>	<b>16</b>
<b>THIRD PROFESSIONAL YEAR</b>	
<b>FIFTH SEMESTER</b>	
PATHOLOGY & MICROBIOLOGY I	2(2-0)
PHARMACOLOGY & THERAPEUTICS I	2(2-0)
PHYSICAL AGENTS & ELECTROTHERAPY I	3(2-1)
THERAPEUTIC EXERCISES & TECHNIQUES	3(2-1)
BIostatISTICS I	3(3-0)
BEHAVIORAL SCIENCES (PSYCHOLOGY & ETHICS)	2(2-0)
SUPERVISED CLINICAL PRACTICE I	3(0-3)
<b>Credit Hours</b>	<b>18</b>
<b>SIXTH SEMESTER</b>	
PATHOLOGY & MICROBIOLOGY II	3(2-1)
PHARMACOLOGY & THERAPEUTICS II	2(2-0)
PHYSICAL AGENTS & ELECTROTHERAPY –II	3(2-1)
BIostatISTICS II (university optional)	3(3-0)
COMMUNITY MEDICINE & REHABILITATION	3(3-0)
SUPERVISED CLINICAL PRACTICE II	3(0-3)
<b>Credit Hours</b>	<b>17</b>
<b>FOURTH PROFESSIONAL YEAR</b>	
<b>SEVENTH SEMESTER</b>	
MEDICINE I	3(3-0)
SURGERY I	3(3-0)
RADIOLOGY & DIAGNOSTIC IMAGING	3(2-1)
MUSCULOSKELETAL PHYSICAL THERAPY	3(2-1)
EVIDENCE BASED PRACTICE	3(2-1)
SUPERVISED CLINICAL PRACTICE III	3(0-3)
<b>Credit Hours</b>	<b>18</b>
<b>EIGHTH SEMESTER</b>	
MEDICINE II	3(3-0)
SURGERY II	3(3-0)
NEUROLOGICAL PHYSICAL THERAPY	3(2-1)
SCIENTIFIC INQUIRY & RESEARCH METHODOLOGY	3(2-1)
EMERGENCY PROCEDURES & PRIMARY CARE IN PHYSICAL THERAPY	3(2-1)
SUPERVISED CLINICAL PRACTICE IV	3(0-3)
<b>Credit Hours</b>	<b>18</b>
<b>FIFTH PROFESSIONAL YEAR</b>	
<b>NINTH SEMESTER</b>	
CARDIOPULMONARY PHYSICAL THERAPY	3(2-1)
PROSTHETICS & ORTHOTICS	2(2-0)
CLINICAL DECISION MAKING & DIFFERENTIAL DIAGNOSIS	3(3-0)
MANUAL THERAPY	3(2-1)

PROFESSIONAL PRACTICE (LAWS , ETHICS & ADMINISTRATION)	2(2-0)
INTEGUMENTRY PHYSICAL THERAPY	2(2-0)
SUPERVISED CLINICAL PRACTICE V	3(0-3)
<b>Credit Hours</b>	<b>18</b>
<b>TENTH SEMESTER</b>	
OBSTETRICS & GYNAECOLOGICAL PHYSICAL THERAPY	2(2-0)
PAEDIATRIC PHYSICAL THERAPY	2(2-0)
GERONTOLOGY & GERIATRIC PHYSICAL THERAPY	2(2-0)
SPORTS PHYSICAL THERAPY	2(2-0)
SUPERVISED CLINICAL PRACTICE VI	4(0-4)
RESEARCH PROJECT	6
<b>Credit Hours</b>	<b>18</b>
<b>TOTAL CREDIT HOURS</b>	<b>174</b>
<b>Total theory/Lectures for Ten Semesters</b>	<b>130</b>
<b>Total Practical Hours for Ten Semesters</b>	<b>44</b>

**Note \***

- *This scheme of curriculum is also applicable to annual system; in which two consecutive semesters will be considered as one professional year.*
- *Credit hours distribution is as following:*

**Theory:** one credit hour shall be equal to one hour of teaching per week throughout the semester.

**Practical / lab:** one credit hour shall be equal to two hours of lab work per week throughout the semester.

**Clinical:** one credit hour shall be equal to three hours of clinical work per week throughout the semester.

**Research:** One credit hour shall be equal to three hours of research work per week throughout the semester.

## **ASSESSMENT METHODS**

Student performance is evaluated through a combination of continuous and summative assessments to ensure comprehensive learning and skill development.

1. Class test, Assignments.
2. Midterm exam.
3. Practical / Labs/ OSCE
4. Terminal exam

### **A. STUDENT'S CONDUCT RULES**

(Applicable to Undergraduate and Postgraduate students at the University and its constituent or affiliated institutions).

These rules are applicable to all students who are admitted to the Dow University of Health Sciences, and include undergraduate and postgraduate medical and dental students, nurses and all those being trained in medical and allied health sciences.

1. No student or group of students shall form society/ association / organization with permission from Principal of College.
2. No outsider will be invited by the students to address any meeting at the University or its constituent college/ institute/ school, hospital etc whether academic, social, religious or political (without prior written permission of the authorities). Decision of authorities will be final and taken on case-to-case basis.
3. Students are not allowed to paste any poster, pamphlet or fix banners on the wall. Graffiti on walls (wall chalking) of the premises of the University or its constituent college/ institute/ school, hospital etc be they, academic, social, religious or political, are also not allowed.
4. During teaching hours and/ or Clinical posting, students are prohibited to play or roam around in the premises.
5. No student or group of students shall arrange any programme, picnic, musical concert, sports activities etc, on their own, without prior written permission from the authorities.
6. No student or group of students are allowed to collect money for any purpose whatsoever.
7. University/ College Identity Card, (ID) should be displayed, always, when the students are in the premises of the University or its constituent college

/ institute / School / Hospital etc. Faculty members and security staff are authorized to check

8. I.D cards at any time.
9. If any student wants to publish his/her scientific or literary article, he/she must get the draft approved, by the authorities. They are also required to submit the copy of the final article / paper (to be published) for record purposes to the University.
10. Students will not be allowed to address the media or the national press on any subject. Students are forbidden to address higher authorities directly. Any communication intended for higher authorities, needs to be routed through proper channel (Vice Chancellor/ Principal / Medical Superintendent/ Director).
11. Smoking, pan chewing, littering, spitting and other activities, prejudicial to the conduct, are prohibited in the classroom, laboratories, seminar/ tutorial rooms, library during and after college hours and wards during clinical postings.
12. Ensuring the timely completion of this program is of the utmost importance.
13. Unless specifically permitted, no student or group of students are allowed to enter administrative and department offices I telephone exchange, or teaching areas like laboratory, lecture hall of the institution or department and/ or use office equipment(s)
- 14./ Machinery, like telephone, computer, printer, typewriter, overhead projector, slide projector or multimedia etc
15. No student is allowed to bring a weapon and/or ammunition liable to cause injury, or any other harmful item, inside the premises.
16. No student or group of students will threaten, stop, harass, forcibly disallow or evict another Bonafide student or group of students.
17. Misbehavior with faculty members and other staff members of the University and/ or its constituent college I institute / school, hospital etc, by a student or a group of students is completely prohibited. Such misdemeanors would attract penalties as severe as expulsion and rustication. Willful damage to either public or personal property in the University and / or its constituent college / institute / school etc, by a student or a group of students, is completely prohibited. Such misdemeanors would be liable to penalties as severe as expulsion and rustication
18. Use of loudspeakers/ amplifiers and megaphones is prohibited on the premises of the University.
19. No student will be allowed to park his/ her car inside the premises of the college I University unless specifically allowed by the competent authority.

## **B) SUSPENSION**

A student shall be liable for suspension for up to six months if he/she commits any of the following acts: -

1. Misbehave or quarrel with any teacher or member of the staff.
2. Is generally disobedient.

3. Spread false rumors.
4. Uses unbecoming, indecent or filthy language.
5. Incites other students to violence.
6. Is inappropriately dressed.
7. Shouts, abuses, quarrels or fights with fellow students.
8. Raise slogans to hurt others, politically or religiously.
9. Interferes with the administration, including the mode or schedule of the examination. Indulges in acts of immorality.
10. Indulge in any kind of political activity including displaying posters or play cards within the College.
11. Remains remain absent continuously for more than 4 weeks without prior permission.

### **C) RUSTICATION**

A student may be rusticated for a period of 3 years due to any of the following acts: -

1. Taking forceful possession, making unauthorized use or damaging any property.
2. Involving himself in any agitational activity.
3. Found indulging in activities, prejudicial and detrimental to the good order of the College.
4. Adopting unfair means during examination.
5. Disobeying an order of suspension passed against him.
6. Any other act, which the principal or the disciplinary committee considers inappropriate.
7. Anybody who does not submit the prescribed undertaking about non-involvement in political activities.

NOTE: -

Any student suspended or rusticated for the reasons mentioned above shall not be allowed to appear in the examinations.

### **(D) EXPULSION**

A student is liable to be expelled from the college if he/she commits any of the following act and this order shall be final and irrevocable. If he/she.

1. Is found in possession of firearms or lethal weapons or Narcotic drugs in the college premises, hostels, examination halls, teaching hospitals or any other area as specified by the university administration.
2. Remains absent for more than three months without permission of the Principal / Director, his/her admission shall be cancelled by the disciplinary committee of that college/ institute.

## DRESS CODE

All students must wear white coats on the campuses of DIMC and Ojha campus (with a tag having name and class) and decent shoes/ Sandal but no slippers, in case of default they will not be allowed to enter, or a disciplinary action will be taken.

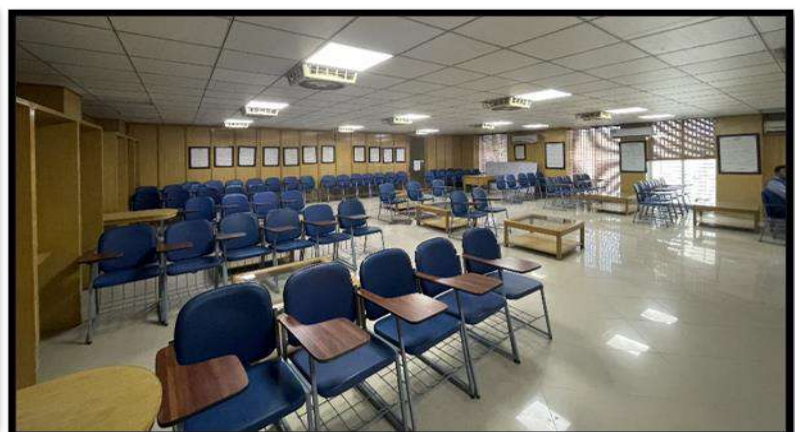
## ATTENDANCE

Students who attend less than 75% of the class will not be allowed to appear in the mid-term and terminal examination as per DUHS policy.

## FACILITIES / RESOURCES OF INSTITUTE

The institution boasts a purpose-built infrastructure designed to meet the academic, clinical, and research needs of the Department of Physiotherapy. The department features well-equipped lecture halls with modern audiovisual technology,

specialized laboratories for anatomy, kinesiology, biomechanics, electrotherapy, and exercise therapy, along with an advanced skills lab. Students benefit from access to affiliated teaching hospitals for hands-on clinical training under expert supervision. In addition, the department offers a well-stocked library, digital learning resources, and dedicated research facilities that foster innovation, critical thinking, and professional excellence



## DEPARTMENT OF PHYSIOTHERAPY

The Department of Physiotherapy is equipped with state-of-the-art facilities and advanced therapeutic technologies to support excellence in teaching, learning, and clinical practice. The department features modern electrotherapy and exercise therapy laboratories, furnished with electronic and manual treatment tables, computerized traction units, ultrasound and stimulation devices, and a wide range of rehabilitation and assessment equipment. These resources ensure that students gain hands-on experience with the latest physiotherapeutic technique in accordance with contemporary professional and clinical standards.

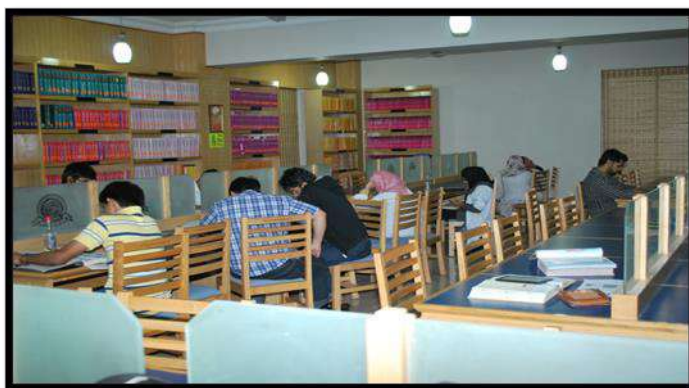


## REHABILITATION GYMNASIUM

The Rehabilitation Gymnasium is fully equipped with modern therapeutic exercise apparatus designed to enhance functional recovery and physical conditioning. It features advanced equipment including electronic treadmills and stationary bicycles for aerobic and endurance training, parallel bars and stair units for gait and mobility retraining, exercise balls and Thera Band for balance and strength exercises, electronic tilt tables for progressive weight-bearing, and Bobath beds for specialized neurological rehabilitation. These facilities provide students with practical exposure to contemporary rehabilitation techniques in a professional clinical environment.



## CENTRAL LIBRARY BLOCK



## **Digital Library**

The Digital Library provides students with access to extensive online academic resources and high-speed internet to support evidence-based learning and research. Through their institutional ID cards, students can easily access the facility for literature searches, journal databases, and online reference materials. The digital lab also serves as a practical learning space for courses such as Biostatistics, where students utilize statistical software (SPSS) for data analysis and research projects.

## **READING LIBRARY**

The Reading Library provides access to the latest textbooks, reference materials, and research journals in a quiet, academic setting that promotes self-directed learning. Students can access and issue materials for in-campus study to support their academic growth.

## **BIOCHEMISTRY LAB**



## **NEURO LAB**



## MANUAL THERAPY/ MSK LAB



## CARDIO- PULMONARY LAB



## DOW UNIVERSITY HOSPITAL- Clinical (House Job Training)



## **PHOTOSHOP / SOUVENIR SHOP**

A well-equipped Photoshop and Souvenir Shop is available on campus, providing students with printing, designing, and stationery services, as well as institutional merchandise and memorabilia.

## **CANTEEN**

A spacious central cafeteria is available at DIMC, Ojha Campus, offering a variety of hygienic and affordable local and international cuisine in a clean and comfortable environment.



## **HOSTEL BLOCK**



## CO-CURRICULAR ACTIVITIES

The department actively promotes student engagement by co-curricular and extracurricular events that encourage tea Activities include:

- Annual Sports Week
- DUHS Gala
- Welcome and Farewell Parties
- Picnics and Talent Shows
- Pakistan Independence Day Celebrations
- Debate Competitions
- Welfare Society Initiatives
- Self-Defense Workshops
- World Disability Day
- World Physiotherapy Day



## **FUTURE PROSPECTS**

Graduates of the Doctor of Physical Therapy (DPT) program have diverse opportunities for advanced education and professional growth both nationally and internationally. They may pursue higher studies such as MS or MPhil in Physiotherapy within Pakistan or abroad. Career opportunities are abundant across healthcare sectors in Pakistan and the Middle East, with eligibility to appear in international licensure examinations in the USA, Canada, Australia, and the United Kingdom. Graduates are also well-prepared to establish private practices, offer domiciliary rehabilitation services, and contribute to academic and research in the field of physical therapy.

The Department of Physiotherapy remains committed to fostering excellence in education, clinical expertise, and research innovation. Our mission is to produce competent, compassionate, and ethical professionals who contribute meaningfully to the health and well-being of individuals and communities—locally and globally.