

**Recommended changes in existing physical stds for commission/ rect of candidates**

<b><u>Ser</u></b>	<b><u>Cat</u></b>	<b><u>Existing Std</u></b>		<b><u>Recommended Change</u></b> <b><u>Med – Gp A</u></b>		<b><u>Recommended Change</u></b> <b><u>Med – Gp B</u></b>	
a.	Gps of Candidates	-		Candidates will be divided into two gps for med fitness as proposed by PA Dte:-			
				(1) <b><u>Med Gp-A</u></b> (a) <b>For Commission:</b> PMA L/C, Grad Course, TCC and DSSC (Tech). (b) <b>For Rect:</b> All cats of rects less cats mentioned in Med Gp-B.		(2) <b><u>Med Gp-B</u></b> (a) <b>For Commission:</b> SSRC (GDMO, Spec, ADC, AFNS), DSSC (AEC, RV&FC, Ord, Psych) AM Cadets, M Cadets and LCC. (b) <b>For Rect:</b> Dvr, Clk, Techs, Ck, RTs and NCsE.	
b.	Ht	a.	162.5 cm for commission (male)	<b>No change</b>			
		b.	152.4 cm for commission (female)				
		c.	167.5 cm for Rects				
c.	BMI	17- 22 Local board can accommodate BMI from 16-23		a.	17-23. Local board may accommodate BMI from 16-24.	a.	17-23. Local board may accommodate BMI from 16-24.
				b.	Complete med exam of candidates will be conducted even if BMI is higher than the req stds.	b.	Complete med exam of candidates will be conducted even if BMI is higher than the req stds.
				c.	Appeal Med Board will exam the candidates Phy.	c.	Appeal Med Board will exam the candidates Phy.
				d.	Std sys of BMI should cont till the study on Body Composn Analysis vs BMI is finalized by HoD Rehab Medicine, CMH Rwp.	d.	Std sys of BMI should cont till the study on Body Composn Analysis vs BMI is finalized by HoD Rehab Medicine, CMH Rwp.
d.	Carrying Angle	5 - 15 deg		<b>Males</b>	5 - 18 deg	<b>Males</b>	5 - 20 deg
				<b>Females</b>	5 - 20 deg	<b>Females</b>	5 - 22 deg

e.	Elbow Extn (Cubitus Recurvatum)	0 (zero) deg	0 - 10 deg (Multiple jt laxity must be absent).	0 - 15 deg (Multiple jt laxity must be absent).
f.	Calcaneal Pitch Angle (Pes Planus/ Cavus)	18 - 30 deg	<p><b>Pes Planus:</b> If arch appears when one stands on toes and there are no symptoms then it is <b>flexible flat feet</b> and is fit. If the arch appearance remains the same on standing on toes or there is planter tenderness then it is <b>rigid flat feet</b>. This has a maj potential to cause pain and fractures and is unfit.</p> <p>No need to measure angles for flat feet.</p> <p><b>Pes Cavus:</b> Recommended max angle 32 deg. Excess angles produce foot hump and this deformity prevents foot func or wearing mil footwear, and can cause foot ulcers also.</p>	<p><b>Pes Planus:</b> If arch appears when one stands on toes and there is no calcaneal rotation then it is <b>flexible flat feet</b> and is fit. If the arch appearance remains the same on standing on toes or there is planter tenderness then it is <b>rigid flat feet</b>. This has a maj potential to cause pain and fractures and is unfit.</p> <p>No need to measure angles for flat feet.</p> <p><b>Pes Cavus:</b> Recommended max angle 32 deg. Excess angles produce foot hump and this deformity prevents foot func or wearing mil footwear, and can cause foot ulcers also.</p>
g.	Hallux Angle (Hallux Valgus)	10 - 15 deg	10 - 17 deg However, there should be no bunion, callosity or metatarsus primus varus or toe over ride as then it is a progressive deformity. Angles excess than 17 deg lead to toe over ride and which leads to progressive aggravation of deformity.	10 - 17 deg However, there should be no bunion, callosity or metatarsus primus varus or toe over ride as then it is a progressive deformity. Angles excess than 17 deg lead to toe over ride and which leads to progressive aggravation of deformity.
h.	Extn Knee (Genu Recurvatum)	0 (zero) deg	0 - 5 deg Mandatory to excl multiple jt hyperlaxity.	0 - 10 deg Mandatory to excl multiple jt hyperlaxity.
i.	Vis Stds	As per PAO 11/82	No change	No change
j.	Hearing Stds	As per Tech Instr No. 106 (2013)	No change	No change

**Note.**

- a. Spec to exam the candidate as a whole in his concerned domain.
- b. Two to three months trg to RMOs of AS&RCs/ AS&ROs be imparted in conducting med exam of candidates.
- c. Trg reg instrs be issued to Mil Colleges for modification of trg activities.
- d. Med exam docus of the candidates must be with attested photo ID.