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**Anatomy Assignment (Viva)**

**Q) why do we study human anatomy in physical therapy?**

**Ans)** it is necessary to study human anatomy for physical therapy to know the location and functional structure of neuromuscular system to properly use them in understanding , evaluating and treating conditions . also it helps us to identify the vascular supply of structures location of structure in order to be cautious while treating and also visceral anatomy when dealing with patients relevant to these structures.

The basic knowledge of anatomy and physiology is essential for physical educator to know the structure and function of various systems / organs & its parts. Knowledge and appreciation of the value of anatomy to understanding the human body so a more healthy and productive life can be enjoyed.

**Q) what physical therapy should be given to a patient who has limited hip extension?**

**Ans)** A person who has limited hip extension should be treated in the following method, First of all Examine the patient.

Required Exercises for initially limited hip extension exercises.

Ankle pumping

Active + passive Hamstring stretching

Passive resisted exercises for Hamstring

Calf stretching

Knee mobilization

Standing and sitting

Gluteal region soft massage etc