**KIRAN BADSHAH**

**DPT 2**

**ANATOMY VIVA**

**8 JULY 2020**

**WEDNESDAY**

**ID#16483**

**SECTION B**

**SUBMITTED TO: MAM MARIA**

Why do we study Human Anatomy in Physical Therapy?

**ANSWER:**

**ANATOMY:**

 **“The study of body structure of living organisms”**

**HUMAN ANATOMY IN PHYSICAL THERAPY:**

 **We study anatomy because the physiotherapist needs basic knowledge of the body structure to treat their patients . Anatomy helps to understand the structure of human body and it’s function of each part of body so the study of anatomy is very important to understand and to help in determining best treatment for the body musculoskeletal diseases. So the main reason to study human anatomy in physical therapy is to understand the human body structure so we can treat it easily .**

. What physical therapy treatment should be given to a patient who has limited hip extension?

**Answer:**

**LIMITED HIP EXTENSION:**

 **Hip extension is very Important for the movement because the muscle involved in hip extension are the main movers of the body and help the body to move from one place to other . The limited hip extension is a disorder due to increase pelvic tilt or lumber lordosis in which the hip flexors muscles are more tight than usual which allows less or small extension of the hip**

**TREATMENT OF LIMITED HIP EXTENSION:**

 **The limited hip extension can be usually treated by the stretching method which includes both active and pasive stretching . By stretching the hip flexors the tightness of the flexors reduce which usually help in hip extension and movements. Also by weight bearing and medications**