**UAssignment for Viva (Spring 2020) (DPT 6th Semester)**

**Course Title: Manual Therapy Instructor: Dr. Maria Feroze**

**Note:**

* **Upload your assignment on SIC till 10th July 11:59 p.m.**
* **Copying the content from net or book is not allowed.**
* **Write the assignment in MS word/pdf.**

**Name sidra**

**I'd. 14115**

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**Q1. Explain Kaltenborn convex concave rule at the proximal radio-ulnar joint.**

**Answer:- concave convex rules:-**

**In radioulnar joints:-**

In radioulnar joint proximal side  is concave and the humeroulnar joint distal end is convex (distal radioulnar joint is convex .  
**Concave-Convex Rule:**

Concave-Convex Rule•Humerus– proximal end is convex, and the distal end is convex (capitulum and trochlea)•Ulna- distal cease is concave (distal radioulnar joint)•Pronation – radius anterior roll and posterior flow over ulna (proximal radioulnar)- radius anterior roll and anterior glide over ulna (dorsal radioulnar joint) and the . Radius– proximal  is concave (radioulnar joint) and convex (proximal radioulnar joint),Radius and ulna are concave and carpal bones are convex (radiocarpal and Ulnar carpal joint) •Wrist extension – posterior roll and anterior drift of carpals- posterior roll and posterior glide of radius and ulna.

**Kaltenborn concave convex rules:-**

This Rule is based on the relationship between normal bone rotations and the gliding component of the corresponding joint movement. According to this rule when a convex joint surface is moving, the roll and glide occur in the opposite direction, thus the therapist moves the a convex joint surface opposite to the direction of restricted movement to evoke the capsule in the same direction.

Similarly when a concave joint surface moves the roll and the glide occur in the same direction and the therapist basically moves a concave joint surface in the same direction as the direction of restricted movement, thus the opposite capsule is evoked.

**Q2. A patient comes to your Physical Therapy clinic with shoulder pathology. O/E, the patient has limited range of motion at the shoulder. What glide will you give him in order to improve his shoulder abduction and why?**

**Answer:-**

To improve his shoulder abduction will give him caudle glide Or glenohumeral inferior glide . Because it increases should abduction. And flexion also improve by this.

Or . Shoulderabduction exercise:-

Stand and hold a weight in your hand with your palm facing your body. Slowly raise your arm to the side with your thumb pointing up. Then raise your arm over your head as far as you can without pain. Hold this position for as long as directed..