Shehnil Afridi.

 13643

Pathology

Q#1: What physical treat given to a women who has osteoporosis?

Answer:

 Excercising with osteoporosis stay active and a very safe way most of people think that exercise with osteo leads to fracture, but we use our muscles that help to protect our bones.

* Osteoporosis leads to fracture hip and spine, cause disability.
* The exercise strengthen our muscles when a ours muscles are strong their should be no load on the hip joint and protect from disable=ility.

Benefits of Exercise:

* Increase muscle strengthen
* Improve your muscle
* Decrease risk of fracture
* Main posture
* Decrease pain

Note: Before we start the exercise should consult with doctor

Need some test:

1. Bone Density
2. Fitness Assessment
* Strengthing traing
* Weight bearing aerobic activity
* Flexibilty exercise
* Stability and balance exercise
* Avoid :

High impact exercise

Bending Exercise

Q#2: Explain about Osteomalacia?

Answer:

 Osteomalacia:

* Deficiency of calcium and phosphorus
* Childern Cause rickets
* Weaken of the muscle
* Bone fragile and soften
* Deficiency of vit D

Abnormality in the building process of bone, become soft

Demineralization of bone

 Osteoporosis:

 Generation of already constructed bone.

* Decrease of bone mineral density
* Risk of fracture
* Decrease mass of bone
* Increase of fracture
* The bone become brittle
* Leads to porosity
* Due to decrease mineral density

e.g: curving of back risk of fracture

 Osteomylitis:

 Inflimation of the of the bone.

 Myelitis: inflimation of bone marro

 Bone become infected

* Henatoggenous spread of organism
* Invasion fron skin puncture operation or open fracture
* Due to vascular insufficiency (Diabetic Foot)

Any microorganism can cause the inflammation of bone.

Most common pyogenic bacteria

e.g: Microbacterium turberclosis