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

**Course Title: Physical Agents and Electrotherapy-ll 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**

**Q1. What is the purpose of studying Physical Agents and Electrotherapy?**

1. **Purpose of electrotherapy and physical agent:-**

**Ans**:-

is used for relaxation of muscles spasm , prevention and retardation of disuse atrophy, increase of local blood circulation, muscle rehabilitation and re-education electrical muscle stimulation, maintaining and increasing range of motion, management of chronic and intractable … and to Expand the clinician’s understanding concerning the concepts of electrical stimulation.
Identify frequent indications and contraindications.Identify a range of varieties of electrical stimulation currently on hand and provide an explanation for their purpose.
Describe the outcomes of electrotherapy on muscle tissue.
Explain the fundamental factors of electrotherapy and outline character parameters used.
Identify terrific electrode placement, setup, and configuration.
Understand the concepts of tissue impedance and the effect on modern flow.
Brief overview of the history and ideas of electrical stimulation
Indications and contraindications
Types of electrical stimulation presently available
Review of the human tissue response to electricity
Waveforms overview
Electrotherapy medical application techniques Pain treatment ۔

**Q2. Which one is the best modality to treat pain and why?**

The best modality to treat pain is Transcutaneous electrical nerve stimulation (TENS) is a method of pain relief involving the use of a mild electrical current.

 People who experience pain  comfort from TENS may also be capable to minimize their intake of pain medications, some of which can be addictive or motive negative side effects.
TENS units are additionally convenient  due to the fact they are small, portable, and fairly discrete. People can elevate a TENS unit in their pocket or clip it onto a belt to make certain that they have instant get admission to to pain comfort during the day.TENS devices work through turning in small electrical impulses through electrodes that have adhesive pads to connect them to a person’s skin.
These electrical impulses flood the nervous system, lowering its capacity to transmit ache indicators to the spinal twine and brain.
The identical electrical impulses additionally stimulate the physique to produce herbal ache relievers known as endorphins.TENS units may help treat the following symptoms:,[period pain](https://www.medicalnewstoday.com/articles/157333.php),labor pain,postoperative painjoint pain،neck and [back pain](https://www.medicalnewstoday.com/articles/172943.php)They may also alleviate pain that results from the following conditions: [endometriosis](https://www.medicalnewstoday.com/articles/149109.php) , arthritis,sports injuries,multiple [sclerosis](https://www.medicalnewstoday.com/articles/37556.php),fibromyalgia,painful [diabetic neuropathy](https://www.medicalnewstoday.com/articles/245310.php) spinal cord injury