Physical Agents and Electrotherapy 2

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Q ➔ 1

Ans:-

a) Energy move from ↑ potantional to ↓ patient ↑ Body ➖& ↓ ice. Body temperature has 37°c & ice have 0°c. when ice applied in body they becomes felt. Body heat move to ice & ice becomes melt.

b) Nerue condition cold receptor large diameter warm have short. Cold receptor compress these short diameter receptor and slow down his conductor.

c) They have cardic when initially applied ice they caused vosoconstroction. Vosoconstroctor → ↑ BP the concert nerue problem to patient due to BP

→They eliminate puffiness

→Reduce swilling

→Reduce oilinesis

→Reduce inflammation

→They remove wrinkles

d) They are used to soothe they unknown they reduce redness they emprov circulation they reduce pain sensation and blood mobilized the soft tissue.

Q ➔ 2

Ans:-

a) pain receptor when pain cooled receptor activitied sensonry inflammation goes

toward brain spinal cart

→ two types of nerue include long in short diameter

→ Pain has short diameter in large diameter nerue compressed short diameter nerue and reduced.

b) Spassiticty:- occur when there is a and nerue fiber caused fast moment and they incress muscle tune when ice theraphy applied fiber nerue conduction becomes slow and then signal moves slowly and reduced capacity.

Q ➔ 3

Ans:-

a) Luminous:- Those generators or object which has ability to emit their own light to culled e.g Sun, Moon, Candle ect.

Non-Luminous:- those meterials which don not have the ability to emit their light culled e.g Book, Chair, Pencil etc.

Luminous	Non-Luminous
1. Which emits light 2. They are electrical heated filament 3. It's wavelength from 350→4000Nm 4. They emit infrared roughs and UV rays and visable light 5. They are used for cronic inflammation 6. They are used to reduced pain viacounter irritatent effect 7. This treatment is from 15→20 Minutes 8. They covered 40→60 CM from treated ares 9. They are penetrate epidemics dreams 10. Produced by 1 or more	1. Don not emits light 2. Electrically heated resistance wire 3. Take about 5→15 minutes to be heated and emits these maximum intensity 4. Wave length 1500→12000 NM 5. They emit farIRR 6. Ainatrate into epidemics in hypodermic (20 NM) 7. Used in acute condition 8. Reduced pain via sedative effect 9. Treatment time 20→ 30 minutes 10. Cause 75 → 90 cm from treatment area made up of insuling materials

b) IR are more effective to relieving pain than UV radiation because UV rays have low wave length then IR and lugher th frequency then IR. Those having light frequency they moves deeply and are more dangerous while IR is a thermal radiation, they are thermally very strong, there they are more effective then UV rays.

Pain and inflammation:- since infrared therapy enhances and improves circulation in the skin and other parts of the body, it can bring oxygen and nutrients to injured tissues, promoting healing. It helps ease pain, relieve inflammation, and protect against oxidative stress.

Infrared Therapy:- Is a new and innovative light-based method to treat pain and inflammation in various parts of the body. Unlike ultraviolet light, which can damage the skin, infrared light enhances cell regeneration. Infrared light is delivered to the site of injury or inflammation at certain wavelengths, promotion cell repair.