

Assignment for Viva (Spring 2020) (DPT 2nd Semester- sec B)

Course Title: Human Anatomy II

Instructor: Dr. Maria Feroze

Note:

- **Upload your assignment on SIC till 10th July 11:59 p.m.**
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- **Write the assignment in MS word/pdf.**

Name : Khurram imtiaz id: 16435 Subject: Anatomy Section: B

Q1. Why do we study Human Anatomy in Physical Therapy?

ANS: Knowledge of anatomical structure of the body is basic to understanding musculoskeletal function and how both structure and function are modified by exercise or disease. This is true for professional in physical therapy and athletic training and it is true for exercise physiologists too.

Anatomy is the oldest known medical science and has an important part in the foundation of health education. It is known fact that healthcare professional may require a good knowledge of anatomy to be better in their fields. Anatomy is the main course in physical therapy program curriculum. It sport both understanding the course and is essential for clinical practice. In effect of anatomy on occupational processes and occupational in the point view of physiotherapist is being dealt with.

It is considered that “ clinical and functional anatomy” integrated with physiotherapy is requirement for PT.

The basic knowledge of anatomy and physiology is essential for educator to know the structure and function various system.

Q2. What physical therapy treatment should be given to a patient who has limited hip extension?

ANS: Treatment:

- 1. The internal rotation hip exercise:**

The patient need to be in sitting position. A elastic strip is use to do this exercise. The elastic strip is attached to the table leg above the ground. The other side is attached to foot of patient affected area. The patient should perform three sets 20 repetations on both affected and unaffected side.

2. The external rotation hip exercise:

Same position as internal rotation but now the patient perform an external rotation. The strap is used to stabilize the thigh to prevent sagittal and frontal plane hip motion.

3. The side laying abduction :

The patient lies on the table on his with the hip in approximately 45 degrees of flexion. The patient perform abduction with his upper leg.

4. Weightbearing hip exercise:

The patient stand against the wall on leg. The patient bear his weight on the affected side perform a serious mini-squats.