**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.**
* **Copying the content from net or book is not allowed.**
* **Write the assignment in MS word/pdf.**

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**DPT 2ND SECTION B**

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

**ANSWER : 1**

**HUMAN ANATOMY IN PHYSICAL THERAPY :**

**We study human anatomy in physical theraphy because, Anatomy is a branch of natural science which deals with the structural organization of living things. It is an old science, the structure of the body parts.In human anatomy we study the anatomy of bones in physical therapy. Bones give your body the structure and shape it needs to move. Your bones have a hard, powerful outer surface made of compact material that can withstand forces.Human anatomy in physical therapy helps in the process of rehabilitation, knowledge of ligaments, tendons and muscles helps in rehabilitation from the injuries sustained during the game or sport,Helps in maintaining healthy body.Study of anatomy provides detailed knowledge about all body parts, their nature and structure. Studying Anatomy helps an individual understand the structure and relationship between body parts.Human anatomy is one of the essential basic sciences that are applied in physical therapy.**

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

**ANSWER : 2**

**PHYSICALTHERAPHY TREATMENT FOR LIMITED HIP EXTENSION :**

**Hip Extension at the hip joint is limited by the joint capsule and the iliofemoral ligament. These structures become taut during extension to limit further movement.**

**When the hip flexors are tight they block the hip from fully extending. But the body still needs to stand, walk, and climb stairs. So this loss of hip extension needs to be made up somewhere else. This typically occurs through the lumbar spine and pelvis. Instead of extending at the hip, the body will position the thigh behind the body by extending the lumbar spine and tilting the pelvis anteriorly.**

**Only those on blood clotting medication and those experiencing worsening of symptoms should only perform these exercises under direction of a physical therapist.**

**Prone Figure-4 Hip Self-Mobilization can also improve hip extension which can translate into improved walking or running ability. When performing this exercise it is important to activate the abdominal muscles to avoid arching the low back**