**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.**

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

Ans) Studying Anatomy helps us understand the structure and relationship between body parts.

A student or a physiotherapist should know anatomy before prescribing any medicine to the patient. It is important because it teaches the students about the various parts of the body.

It teaches about the universal terms of describing where important organs of the body are located.

ROLE OF ANATOMY IN PHYSIO THERAPY:

Physiotherapist helps through

\*physical rehabilitation

\*injuries prevention.

\*health and fitness.

FOR REHABILITATION: knowledge of ligaments, tendons and muscles is important which we study in anatomy.

FOR the treatment of the injuries sustained during the sport a person should know anatomy.

FOR MAINTAINING HEALTH AND FITNESS :

Study of anatomy provides detailed knowledge about all body parts, their nature and functions which helps in maintaining a person's health and fitness

These are the points that show anatomy is very important in studying physical therapy.

Therefore we study anatomy in physical therapy.

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

Ans) TREATMENT THAT SHOULD BE GIVEN BY A PHYSIOTHERAPIST TO A PATIENT HAVING LIMITED HIP EXTENSION :

\*It can be cured by therapeutic exercise and manual therapy intervention.

Both of them should be in the presence and guidance of a physiotherapist.

\*Physiotherapist will help the patient in strengthening his or her muscles.

\*He can give him oral medication like pain killers.(SOS)

\*He can suggest him some superficial medication like gel or cream or spray.

\*A physiotherapist can give them some other exercises like

\*The internal rotation hip strengthening exercise

\*Weight bearing hip strengthening exercise

\*In some cases it can be treated by only stretching.

\*A physiotherapist will help him maintaining his health and fitness to prevent any disorder or muscle problems in future.