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

**Course Title: Human Anatomy II Instructor: Dr. Maria Feroze**

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**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 an individual understand the structure and relationship between body parts. Physiology, on the other hand, states how the human body functions. It is very essential to learn human anatomy as it helps in understanding the fundamentals of the body and how every organ works.

Anatomy form the fundamentals of physiotherapy. Without the knowledge of anatomy one can never be a good physiotherapist.

The knowledge of our anatomy is crucial to carry on treatment and rehabilitation.

How can one treat a patient who has pain in leg without identifying the area and the structures getting affected due to the pain? And to identify the structures and the pathology related to them we need to know its anatomy. You need to know all the bones, their structures, muscular attachments, joints, ligaments etc. to study further. Otherwise you won’t be able to have command on any other subject. Its the first and most important subject taught to a physiotherapist. Without the knowledge of anatomy a person can’t achieve further in physiotherapy. So, a good command on human anatomy is crucial for a good physiotherapist.

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

Ans: Limited hip extension flexibility has been proposed as one possible cause of increased anterior pelvic tilt ... and muscle re‐education exercises in order to maintain treatment benefit.

Hip flexor stretch Maitland mobilization hip external and internal rotator stretch gluteus muscle strength exercise.... Lower back flexibility exercise.

These physical therapy treatment should be given to a patient who has limited hip extension.