**Assignment for Viva (Spring 2020) (DPT 6th Semester)**

**Course Title: Physical Agents and Electrotherapy-ll Instructor: Dr. Maria Feroze**

 **GHOUS ALI SHAH 14143**

**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. What is the purpose of studying Physical Agents and Electrotherapy?

I decided to turn into a non-intrusive treatment because of my enthusiasm for human life structures and physiology, exercise and helping individuals. I love being a non-intrusive treatment since it is a stage to celebrate the Ruler through creation an effect in people groups lives which brings incredible delight and satisfaction. Take away their physical torment. As a physical advisor, you have the one of a kind chance to improve the nature of your patient’s life. You will work with your patients independently, build up a relationship with them, assist them with coming back to their ordinary lives at most extreme practically.

The motivation behind considering exercise based recuperation is to help the patient come back to dynamic life as fast as conceivable. Active recuperation is frequently prescribed for patients following spine medical procedure, to treat delicate tissue trauma, nerve irritation and injury, muscle fits, breaks, joint pain and numerous different issues.

Electrotherapy:

Electro treatment is essentially utilized in active recuperation for unwinding of muscle fits, counteraction and hindrance of neglect decay, increment of nearby blood dissemination, muscle restoration and re - instruction. electrical muscle incitement, keeping up and expanding scope of movement, the executives of ceaseless and incredible.

Q2. Which one is the best modality to treat pain and why?

Best modality to treat Pain: Firstly, hot packs and cold packs were used to treat pain.

Cold therapy(Cryotherapy) is the best modality for Pain.

TENS was also used an effective treatment for pain.

But now a day’s laser therapy is on the top in the researches thus LASER therapy is also a best modality for pain relief.

Why?

Laser therapy is a source of light it moves to the body directly and reaches nerves, muscles etc. and relief pain.

It reduces the inflammation and thus the blood circulation is normal and pain is reducing.

 WHILE,

Cold packs or ice is frequently utilized therapeutically to diminish torment, growing, muscle fit and irritation. cold abatement the impression of torment by lessening the capacity of the nerve to direct agony impulses. The lower temperature likewise called vasoconstriction, narrowing of the veins, and reduction the progression of liquids to the regions being dealt with. this, thus , decreases the arrival of histamines .the bodies synthetic compounds that advance aggravation .

Cold treatment can be utilized on intense to interminable conditions. A physical specialist decides the best treatment for each condition dependent on an assortment of factor. However cold treatment is the best endured.

 **THANKS☺**