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2. Semester dpt 4th
3. Subject therapeutic exercise
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Question number 1

Definition and aims of therapeutic exercises

Answers ::1

Meaning of therapeutic exercises

Therapeutic treatment and a care of a patient for the purpose of both preventing and combating disease or combating pain or *injury*

Goals of therapeutic exercises

The goal of therapeutic exercises is to return an injured patients to a fully functional pain free state

Aims of therapeutic exercises

- *Enable ambulation*
- *Release contracted soft tissue*
- *Mobiles joint*
- *Improv circulation*
- *Improv respiration capacity*
- *Decrease stiffness*
- *Range of movement exercises*
- *Strengthening exercises*
- *Endurance balance training*
- *Cardio vascular*

Part 2

Range off motion

Definition

The full movement potential of a joint usually it's range off flexion and extension

Example

A knee might lack to 10 degree of full extension, due to an injury why we are use Range of motion

Why we use range of motion

Range off motion is when a person has become injured in some way most time the doctors advise the patients to exercise and stretch the back muscles. For this purpose a form of exercise called range of motion which are use to keep the muscles and joints in the patients back strong and flexible.

Question :2

What is aquatic exercises

Properties and clinical significance

Answers

Aquatic exercises

Definition

Aquatic exercises is a low impact activity that takes the pressure of the bones joints and muscles water also offers natural resistance which can help strengthen your muscles

Part 2 of the question

Properties of water and clinical significance

1. *Buoyancy*
2. *Hydrostatic*
3. *Viscosity*
4. *And surface tension*

Buoyancy

Definition

It is upwards force that work opposite to the gravity

Clinic significance

Relative weightless and joint unloading

Active motion with increased three dimensions aless to the patients

Hydrostatic

Definition

It is a pressure exerted or immersed object

Clinical significance

Reduce or limits the effusion

Centralised peripheral flow

Assist to vanous returns avoid depth and pressure allow patients to prefrom exercise more easily when closer to the surface

Viscosity

Definition

It is friction occur between molecules of liquid resulting in resistance to the flow

Clinical significance

Creat resistance with all active movements increase the surface

Surface tension

Increase the surface area moving through water increased

Resistance

Surface tension allow it to resist and external forced due to the cohesive nature of its molecules

Question 3

Answer

Maitland joint mobilisation

Grading scale

Grading based on amplitude of movement and where within available ROM the force is applied

GARDE :1

Start at the beginning of range of movement manage pain

GARDE :2

Start within midrange of movement not reaching the limit

Manage pain

GARDE 1 and 2

Often use before and after treatment with grade 2 and 4

GRADE 3

LARDO UP TO point of limit of the available motion and are stressed into the tissue

Use to gain motion within the joint stretch Capsules and ct structure

GARDE 4

Small amplitude quick thrust at the end range Accompanied by r

Popping sound velocity vs force requires training