**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?

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

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* ***ASSIGNMENT: VIVA***

**Q.1: What do we study human anatomy in Physical Therapy?**

***ANS:***  Physical therapy is majority about the building blocks of human including bones muscles and nerves. By having an extensive knowledge of human anatomy, we can differentiate easily any malfunctioned part or broken part in the body. We can also identify any structure deformity that is causing pain to our body. Human anatomy is way to diagnose structural non alignment in the body extend in further.

**Q.2: What physical therapy treatment should be given to a patient who has limited hip extensions?**

***Ans:***  Physicians should refer for PT when medical reconditioning or functional restoration is required after an injury, surgery, or disease, or due to advancing age. We do not compete with physicians or surgeons; rather, we are an integral part of the health care team who improves the quality of life of the people around us.

***HIP EXTENSIONS:***

* Start by standing with your feet together and your arms down at your sides.
* Take a large step forward with your right foot, ensuring your right knee doesn't extend past your toes. Engage your core.
* Push through your heel to return to start.
* Repeat with your left leg. ...
* Complete 3 sets of 10 reps.

***TYPES OF PHYSICAL THERAPY TREATMENT:***

* Manual Therapy. Perhaps the most convenient tool at a physical therapist's disposal
* Exercise. One oft-overlooked form of physical therapy which tops the rest in terms of injury prevention
* Hot and Cold Therapy.
* Ultrasound.
* Traction.
* Laser Therapy.
* Electrical Stimulation.
* Education.