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ID = 13801

subject = pathology.

program:

DPT

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Ans: physical therapy treatment  
(1) for osteoporosis:

(i) weight-bearing exercise:

such as walking or hopping  
maintain or improve the  
density of bone.

strengthening exercise with  
the help of resistance band

also maintain the density  
these exercise improve the

individually overall physical  
function and postural

control e.g tai chi, yoga

(ii) postural exercise:

strengthening the  
extensor muscle will promote  
improved posture and also  
improved the balance.

applying compressive forces  
to the vertebrae can  
contribute to compression  
fracture.

(2)

(iii) Back pain:

physical therapist may treat patient with osteoporosis for back pain.

- Agility training, resistance training and stretching have all been shown to decrease back pain.

(iv) High intensity training:

It includes body weight and resistive exercises at a high intensity - similar to circuit training.

= These training exercises prevent the bone loss for women in menopausal years and early stage post menopausal.

(3)

Ans:

(2)

## osteomyelitis:

osteos - Bone.

itis - Inflammation.

Def:

It is an infection in a bone - Infections can reach a bone by traveling through the bloodstream or spreading from near by tissue. Infection can also begin in the bone itself if an injury exposes the bone to germs.

causes :-

In most cases, a bacteria called staphylococcus aureus, a type of staph bacteria, causes osteomyelitis.

Certain chronic conditions like diabetes may increase your risk for osteomyelitis.

(4) @

## sign and symptoms:

Fever, irritability, fatigue, nausea, tenderness, redness, and warmth in the area of the infection. swelling around the affected bone, lost of range motion.

## ⇒ osteoporosis:

⇒ is a condition which literally mean porous bone. It is a disease which quality and density of bone are reduced. As bone become more fragile and porous the risk of fracture is highly increased. The loss of bones occur progressively and silently in this condition often there are no symptoms until the first fracture occurs.

(5)

causes:

low Estrogen in women.

low testosterone in man.

other Hormone Imbalances such as parathyroid Hormones.

lack of calcium

lack of vitamin - D

sedentary lifestyle

smoking

To much alcohol.

Sign and symptoms:

usually no symptoms in early stages there for also know as silent disease.

due to spinal compression there may be back pain. They can also include neck or back pain or loss of height

⑥

can be caused by all  
compression fracture.  
tenderness or bone pain

joint pain  
fracture with little  
or no trauma.

loss of height over  
time.

low back or neck pain  
due to fracture. stopped  
fracture.

osteomalacia :

⇒ It is a  
disease characterized by  
the softening of the  
bone caused by impaired  
bone metabolism primarily

(7)

due to inadequate level of available phosphate, calcium, and vitamin D, or because of resorption of calcium. The impairment of bone metabolism causes inadequate bone mineralization.

causes -

≡ vitamin D deficiency  
Sunlight produces vitamin D in your skin. certain surgeries  
Normally, the stomach break down food to release calcium and other minerals that are absorbed in the intestine.



(8)

- celiac disease

- kidney or liver disorder  
drug.

Sign and symptoms:

osteomalacia particularly  
when caused by a lack  
of vitamin D, can result  
in pain felt in the  
bones.

muscle weakness.

slight cracks in the  
bone.

A dull, aching pain can  
spread from your hip  
to the following places.

lower back - pelvis

legs - ribs.