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

**Course Title: Pathology and Microbiology-ll 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.**

**Rohma Syed**

**6984**

Q1. What physical therapy treatment should be given to a woman who has osteoporosis?

Ans: **Osteoporosis**: It is a condition in which the quality and density of a bone is reduced. As the bones becomes weak the chances for fractures increases.

Most of the people have reversed osteoporosis naturally by following the therapeutic exercises.

A woman with osteoporosis should be treated by the following:

* By developing a comprehensive exercise program to strengthens the bones and muscles to prevent injuries.
* It can be treated by improving the body posture.
* By teaching proper body movement for daily life activities, including bending which reduces the risk of fractures.
* By assessing the balance and developing a program to reduce risk of fall and of breaking bones.
* By recommending how she can continue the exercises at home so she can manage her osteoporosis on her own.
* By teaching her to avoid those movements and exercises by which pain may aggravate.

Q2. What is the difference between osteoporosis, osteomalacia and osteomyelitis?

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| **Osteoporosis** | **Osteomalacia** | **Osteomyelitis** |
| * It’s the reduction of mass of bones. * Caused due to deficiency of calcium and phosphorus. | * In its case softening of bone is happen. * Caused due to deficiency of vitamin D. | * It is the infection of a bone. * It is caused if bacteria entered in bloodstream near the bone. |