**IQRA NATIONAL UNIVERSITY INU PESHAWAR**

**Paper :** Neurological physiotherapy

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*Answer#1*

**Parkinson:**

Parkinson’s disease (PD) is the chronic progressive disease of the nervous system which characterized by the cardinal features of rigidity, bradykinesia, tremor and postural instability

OR   
 Parkinson’s the chronic progressive neurological degenerative disease that occur due to dopamine depletion in basal ganglia brain   
  
**Parkinsonism:** Parkinsonism is the clinical definition of Varity of underling pathologies that can cause Parkinson’s like symptoms, there are the number of disorders that can produced the symptoms referred to as parkinsonism (Parkinson’s is one of the parkinsonian disorders)

**Primary clinical feature:**

* Resting tremors
* Bradikinesia
* Rigidity
* Postural abnormalities
* Masked face
* Abnormal gait

**Secondary clinical feature:**

* Psychological problem
* Personality problems
* Autonomic disturbance
* Sensory problem
* Sleep disturbance
* Speech problem
* Micrographia
* Cough
* sialorrhea

**Physical therapy management of Parkinson disorder:**

1. Relaxation exercises
2. Flexibility exercises
3. Strengthening exercises
4. Functional training
5. Balance training
6. Ketch an sink exercises
7. Locomotors training
8. Postural training
9. Cardiopulmonary training
10. Fatigue management
11. Adaptive and supportive device
12. Exercise for upper extremity function
13. Group and home exercise

**.**

*Answer#2*

**Brain lobes are following along their functions**

* **Frontal lobe**
* Voluntary movement
* Planning
* Problem solving
* Intellect
* Abstract reasoning
* **Parietal lobe**
* Touch perception
* Movement control
* Manipulation of object
* **Occipital lobe**
* Visual reception
* Local orientation
* Shape perception
* **Temporal lobe**
* Long term memory
* Speech
* Object perception
* Face recognize
* hearing
* **Cerebellum**
* Coordination
* Balance
* Reflex motor acts
* **Brainstem**
* Conduction
* Tract for pain
* Temperature
* Pressure sensation

*Answer#3*

**Stroke**:

Obstruction of blood flow to the brain and lack of oxygen in the brain

**Causes of stroke:**

**T**here are two main causes of stroke

1: blocked artery or ischemic stroke

2: Bursting of the blood vessels called hemorrhagic stroke

**Types of stroke:**

**1: Ischemic stroke:**

The blockage of the artery in the brain vessels

2: **Hemorrhagic stroke:**

The bursting of the blood vessels in brain caused hemorrhagic stroke

3: **Transient ischemic attack:**

When the blood supply to the part of the brain is briefly blocked which cause TIA

4: **lacunar stroke**:

Same like a ischemic stroke when the blood flow block in small arteries in brain

**Neurological complication in stroke** That are found in the stroke patients are the following

* Partial or complete paralysis
* Loss of sensation in upper or lower limb
* Poor coordination
* Difficulty in writing and reading
* Poor memory and cognitive abilities
* Flaccidity
* Altered co-ordination
* Postural control and balance problem
* Apraxia
* Agnosia
* Perceptual dysfunction
* Dysphagia

**Associated complication:**

The complication of the stroke may lead to the

* Complete paralysis of one side of the body (hemi paralysis)
* Problem with thinning
* Awareness
* Attention
* Learning
* Judgment
* Speech process and its interpretation
* Unable to express emotion
* Complete loss of sensation

**Physical therapy intervention in stroke patient**

* Stretching exercise Increase range of motion
* Balance coordination
* Strengthening exercises
* Weight bearing exercise and practice
* Sanding and lower extremity exercise in parallel bar.
* Balance activity such as rocker
* Balance beam activity
* Mobility training
* Resistive exercises