**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.**

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# **DPT 2nd**

# **SECTION : B**

Q1. Why do we study Human Anatomy in Physical Therapy?

# **ANSWER:**

## **Help in the process of rehabilitation , knowledge of ligaments , tendons and muscles help in rehabilitation**

## **From the injuries sustained during the game or sport .Help in the maintaining health body study of anatomy and physiology provide detailed knowledge about all body parts their nature and functions. It also help in the physical fitness , strong and fit body is an inevitable asset in the field of sport person to understand the structure and function of different parts of human body and to aquire a fit and a healthy body.**

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

# **Knee lift :**

## **Lie on the back extending both legs flat along the floor .**

## **Keeping the left leg straight pull the right knee up towards the chest**

## **Place both hand on top of the knee to help pull it in toward the chest .**

## **Hold the stretch for 10 seconds .**

## **Let go the knee and gently lower the leg back towards the floor**.

# **EXTERNAL HIP ROTATION :**

## **Sit on the floor with both legs out in front.**

## **Bend the leg at the knee and press the soles of the feet together .**

## **Place a hand on top of each knee and gently push them both down doward the floor. Apply pressure to the knee until there is a stretch but do not push them further than is comfortable .**

## **Hold the stretch for 10 second and then relax.**

# **Double hip Rotation :**

## **Let flat on the back . Then bend the knees and bring them toward and body until the feet are flat on the floor.**

## **Gently rotate the knees to the left lowering them toward the floor. Rotate the head to face the right while keeping the shoulder against the floor .**

## **Hold the position for 20 – 30 second .slowly return the both head and knees to the starting position . Repeat in the opposite side.**

# **Hip flexsion:**

## **Stand upright . extend one arm out the side and hold on to a sturdy surface such as a wall , table or chair , for support .**

## **Slowly rise the right knee to the level of hip or as far as is comfortable while keeping the left leg straight .**

## **Only hold this position for a second before placing the left foot back on the floor .**

## **Repeat with the left knee.**

# **Hip abduction :**

## **Stand upright .Extend the left arm out the side and hold on to something solid. Such as a chair ,table or wall.**

## **Starting with the feet together . lift the right leg out to the right side keep the left leg straight and avoid rotating the hips.**

## **Hold the position for a 5 second and them slowly return the leg to the starting position .**

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