**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.**

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

**Osteoporosis:**

Osteoporosis is a common disease that causes a diminishing and weakening of the bones. It can influence individuals of all ages. Women have the most serious risk of developing the disease.

Osteoporosis is a bone disease described by low bone (thickness of bone) diminishing the bone quality, and a change in the bone structure which can lead to an increased risk of bone fracture.

Osteoporosis causes pain and influencing on activity of daily life.

There are some kinds of exercises which are frequently suggested for the people of osteoporosis**:**

**Strength training:**

Strength training includes the use of the free loads, resistance bands or your own body weight to reinforce all significant muscle gatherings, particularly spinal muscles significant for posture.

Resistance training can likewise help keep up bone thickness

**Weight bearing exercises:**

Weight bearing oxygen consuming exercises include doing vigorous exercises on your feet, with your bones supporting your weight.

Examples of weight bearing exercises are walking, low impact heart stimulating exercises (aerobic) and stair climbing.

These types of activities are work directly on the bone in your legs, hips and lower spine to slow mineral misfortune. They additionally give cardiovascular advantages, which help heart and circulatory and circulatory system health.

**Flexibility exercises:**

Moving your joint through their full range of motion causes you keep your muscle functioning well.

Stretches are the best performed after your muscles are heated up toward the finish of your exercise session, for instance or after 10 minute warm up.

They ought to be done delicately and gradually without skipping.

Stay away from stretch to flex your spine or cause you to twist at the waist.

**Stability and balance exercises:**

Fall prevention is particularly important for individuals with osteoporosis.

Stability and equalization (balance) exercises help your muscle cooperate such that keeps you progressively steady and less inclined to fall.

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

Sign and symptoms are also different in below given condition that’s why I have mentioned.

**Osteoporosis:**

Osteoporosis is decrease of mass of the bones.

Osteoporosis can be cause because of lack of vitamin D.

**Sign and symptoms of osteoporosis:**

Bone pain

Loss of height over time

Immobility

Increase kyphosis

**Osteomalacia:**

Osteomalacia is the softening of the bones.

Osteomalacia is caused by an inadequacy of calcium and phosphorus.

**Sign and symptoms of osteomalacia:**

Diffuse joint and bone pain

Muscle weakness

Soft bones

Easy fracturing

**Osteomyelitis:**

Osteomyelitis is a disease in a bone.

Disease can arrive at a bone by going through the circulation system or spreading from close by tissue.

Disease can likewise start in the bone itself if an injury exposes the bone to germs.

**Sign and symptoms of osteomyelitis:**

Fever

Swelling, redness or warmth over the area of the disease

Pain in the area of the disease