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Question no 1:- Why do We study human anatomy in physical therapy?

Answer:

Human anatomy, the Biological Science Concerned with the Structure of Human Body .

Epecially muscles . If you are planning to be a physiotherapist, then anatomy play a big role till the end of your bachelor degree. A Deep knowledge of anatomy will help you to become a good physiotherapist.

It is related base of your study like other degree students should not know about other subject physiotherapists should know more and more about anatomy.

Because as they deal with specific muscle groups and in term of stretching as well as exercise in treating the patient.

It's nothing but treatment or correction of alternated body anatomy if your anatomy is through you treat easily any one. like role played by formula in maths and role played by anatomy in physiotherapy .

It mean a complete knowledge of anatomy is needed in physical therapy. Anatomy is the one of the most famous subject in medical science.

Therefore anatomy is the main course in any physical therapy program.

Lack of knowledge of anatomy cause a certain problem and it mean that anatomy is very important for physiotherapist.

Through the study of anatomy it can know about the human body parts and its muscles and it can know about it. It can easily treat the patient due to all of these reason therefore we study human anatomy in physiotherapy.

Question no 2:-

What physical therapy treatment should be given to a person who is limited hip extension?

Answer:

- **Hip extension:**
Hip extension mean your lengthening or opening the front side of your hip.

Strengthening your hip extension is important your hips themselves are also key.

Complement Your Hip Extensor Exercises with this Series of 12 moves to help keep your hips in tip top shape .

- ***“Method of exercise ”***

1:-First of all start by standing with your feet together and your arm down at your sides.

2:-And then take a large step forward with your right foot, ensuring Your right knee does not extend past your toes and Captured your Center .

3:- To returns to start through push to your heel.

4:-This is 1 rep. Repeated with your left leg.

5:-Complete 20 reps of 3 sets and then repeat on the other side 3 sets for on each side.

6:- These types of exercises can do two time in day daily for one month.

Incorporate these hip extension exercises into your workouts at least once a week to ensure your glutes and hamstring stay strong.

Make sure you warm up before completing any of these exercises. Aim for 10 minutes of cardio walking or jogging is easiest and some light stretching.

You can also try a couple of these stretches to help loosen up your hip extensors.
