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Dpt 6th Semester

Section A

1. hygiene
2. Proper Circulation
3. Convection
4. 25 times
5. Buoyancy
6. Two repetitions of 10 min off and 10 min on.
7. 750nm - 400,000nm
8. IR rays
9. luminous generator
10. Non of the above
11. 50 - 75cm
12. 0.87 - 0.97
13. 10 - 15 minutes
14. Non of the above.
15 Pascal's law

16. Mild heating
17. Pain gate Mechanism
18. Whirlpool
19. Both A & B
20. Coplanar
21. Increase fluid movement.
22. Visible light
23. 5 cm
24. UV-A
25. Infra-red.
26. 0.8 mm
27. Depend on the condition
28. Osteoporosis
29. Traction
30. Non of them
31. UV-B
32. Cold receptors are several times more numerous than warm.
33. Anterios horn cells.
34. 24-48 hrs.
35. Non of the above.
36. Ice.

Section B.

Q1:. Briefly explain how hydrotherapy produces:.

a. Cardiovascular effect:-
As the body is immersed in water so water is producing pressure on the body. Due to which venous blood of lower extremity will go upward and there cardiac volume will be increased cardiac volume. Increase stroke volume will increase and cardiac output.

b. RESPIRATORY EFFECT:-
When the body is immersed in the blood there will be increase venous return. Due to increase hydrostatic pressure of chest, lungs will not be able To properly expand itself. Vital capicity of lungs is decreased due to pressure and then lungs have to function more. But patients with severe respiratory problem will not

be immersed for long time to ~~excels~~ exercise. Water exercises are more beneficial to the patients with respiratory problems and exercise induce asthma. because in water there is less humidity and pollens and increase circulation of blood.

c. MUSCULOSKELETOL EFFECTS.

The buoyancy effect experienced with in the water reduces the weight on bones, muscles and joints. This coupled with the heating effect to decrease swelling, increase blood flow and decrease pain. It is also helpful for obese patients because it is difficult for them to exercise on land. Doing exercise in water will have less pressure on their joints and muscles