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Question 1:

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

Answer:

Yes, physical therapy treatment should be given to a woman who has osteoporosis.

Estrogen Replacement Therapy:

Estrogen replacement therapy used to be the only FDA\_ approved treatment for the prevention of osteoporosis because of the hormones role in producing bone. They feel better, and they also have the added benefit that the estrogen is helping prevent fractures and potentially other conditions, like diabetes, he says".

Best Exercise For Bone Density:

Weight bearing and resistance exercises are the best of your bones for you to work against gravity. They Include: Walking, hiking, jogging ,climbing, stairs, playing tennis and dancing.

Resistance Exercises:

Such as lifting weights can also strengthen bones.

Exercises Should Be Avoided With Osteoporosis:

- High impact exercises. Activities such as jumping, running or jogging can lead to fractures in weakened bones.
- Bending and twisting.

Question 2:

What is the difference between osteoporosis, osteomalacia and osteomyelitis?

Osteoporosis:

1. Osteoporosis is reduction of mass of the bones.
2. Osteoporosis can be caused due to deficiency of vitamin D.
3. Osteoporosis is the weakening of bones.
4. Osteoporosis is a lesion of mature bones.
5. Osteoporosis is a condition that leads to brittle bones that are more likely to fracture than bones found in healthy people.
6. This disorder breaks down normally mineralized bone.

Osteomalacia:

1. Softening of bones.
2. Lack of vitamin D.
3. Problem with the body's ability to break down and use this vitamin.
4. Characterized by incomplete mineralization of normal osteoid tissue following closure of the growth plates.
5. Osteomalacia is caused by a deficiency in calcium and phosphorus.
6. Osteomalacia is more common in women and often happens during pregnancy.
7. It's not the same as osteoporosis.
8. Osteomalacia is a problem with bones not hardening.

## Osteomyelitis:

1. Osteomyelitis is (pathology) an infection of the bone.
2. Inflammation is produced\_produces a leak.
3. Edema vessels become thrombosis.
4. And release pus\_ischemia and occurs result necrotic bone.
5. Acute Osteomyelitis: <2weeks.
  - Subacute Osteomyelitis: 2weeks\_3 weeks.
  - Chronic Osteomyelitis: >3weeks.
6. Osteomyelitis is an infection in the bone
7. Caused by bacteria or fungus.
8. Osteomyelitis can be the result of a spreading in infection (hematogenous)
9. Occurs more often in children than adults.
10. It usually affects the long bones: the tibia and femur.
11. The most common site of infection is the metaphysis,which is the narrow portion of the long bone).