

Passive Movements

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➤ Definition:

These movements are produced by an external force during muscular inactivity or when muscular activity is voluntarily reduced.

➤ Classification:

- a. Relaxed Passive Movements, including accessory movements.

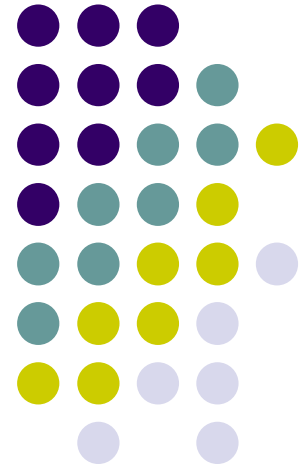
- b. Passive Manual Mobilization Techniques.
 1. Mobilization of Joints.
 2. Manipulation of Joints.
 3. Controlled sustained stretching of tightened structures.

Springs and Pulleys

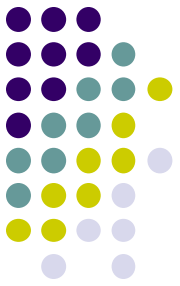
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Springs



- Springs are elastic.
- Therefore they may have any of the properties of elastic materials.
- Three types of elasticity are used therapeutically:
 - Extensibility.
 - Compressibility.
 - Torsion.



HYDROTHERAPY

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- ✓ Hydrotherapy is one of the oldest therapeutic methods for managing physical dysfunctions.
- ✓ It has been advocated for the treatment of joint stiffness, painful scars, adhesions, arthritis and as a warm up to assist with exercise.
- ✓ Water therapy is used for the effects on body tissues of heating, cooling, debridement, pain relief and relaxation of muscles.
- ✓ Treatment should be well planned and executed because of the effects of hydrotherapy on the cardiovascular and pulmonary systems.



Ante Natal Care/Period

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INTRODUCTION

- Emphasis of antenatal education provided by physiotherapist must change to meet the women's need.
- Parenting skills and how to cope with the physical demands of mothering may be more important than how to cope with labour in which epidural analgesia is readily available to relieve pain.



Urinary Continence

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Objectives

- ✓ Definition of Continence.
- ✓ Factors Essential for Continence.
- ✓ Physiological Anatomy of Bladder.
- ✓ Normal Micturition Cycle: Mechanism of Filling and Emptying Bladder.

Prolapse

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GENERAL & COMMUNITY BASED REHABILITATION

GENITAL PROLAPSE DEFINITION

- It is the decent of the vaginal wall and or the uterus.
- It is a form of hernia.



NORMAL LABOUR

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DEFINITIONS

- **Lie:** The lie refers to the relationship of the long axis of the fetus to long axis of centralized uterus or maternal spine.
- Longitudinal lie is present in more than 99.5% cases at term.

