

Assignment

- Q1. Suggest a treatment plan for a patient to improve joint range of motion after immobilization of upper arm.
- Q2. Suggest a treatment plan for a patient to improve muscle power and tone of upper limb after fracture of arm.
- Q3. Find out and explain the physiological changes after an aerobic exercise.
- Q4. Explain the difference between free exercise and assisted exercise.
- Q5. Explain how the muscle volume improves after resisted exercise.