



## Glossary

**Kinesthetic sense of joint:** Awareness of position of joints, muscle and tendon in body.

**Muscle Hypertrophy:** Muscle hypertrophy involves an increase of skeletal muscle through a growth in size of its component.

**Range of joint movement:** the normal range of angle of joint can moved.

**Muscle tone:** partial continuous contraction of the muscle during rest.

**Endurance:** : It is the ability to exert and remain active for a long period of time, as well as its ability to resist, withstand, and recover from fatigue.

**Neuromuscular re-education:** A technique used to rehabilitate both nerve and muscle work together.

**Rheumatoid arthritis:** It is a long lasting auto immune disorder that primarily affects joints.

**Vaso-dilatation:** Vaso-dilatation refers widening of blood vessels results from relaxation of smooth muscle cells within the vessel walls.

**Muscle spasm:** it is the involuntary contraction or tension of the muscle.

**Adhesion formation in joint:** Formation of fibrous band between the bony surfaces of joint.