



Q1. Define Electrotherapy.

Ans: Electrotherapy can be defined as the treatment of patient by electrical means. By implication this means that electrical forces are applied to the body bringing about physiological changes for therapeutic purpose.

Q2. Define Lewis Hunting's reaction.

Ans: After some minutes the vasoconstriction may give way to a marked vasodilatation which itself may last some 15 minutes before being replaced by another episode of vasoconstriction. This alternation of constriction and dilation is called Lewis hunting reaction.(Lewis 1930).

Q3. Explain the therapeutic uses of cold therapy.

Ans: Therapeutic uses of cold therapy are:-

- i. Acute injuries
- ii. Pain
- iii. Muscle spasm
- iv. Muscle spasticity
- v. Muscle strength
- vii. Chronic oedema and joint effusion
- vi. Chronic inflammatory condition

Q4. Define Cryo therapy.

Ans: Cryo therapy refers to the use of local or general body cooling for the therapeutic purpose.

Q5. Explain the methods of applying cold therapy.

Ans: Methods of applying cold therapy are:-

- a. Local immersion.
- b. Cold packs.
- c. Ice towels.
- d. Ice massage.
- e. Cold compression unit.
- f. Evaporating spray

Q6. Explain the content and construction of hydro collateral packs.

Ans: It consists of a silica gel in a cotton fabric container. This gel will absorb large quantities of water, if it is hot, provides a considerable store of heat energy. The gel is contained in a set of separated fabric pocket, so that the whole pack is flexible and the gel is confined.

Q7. Explain the procedure of applying hot moist therapy.

Ans: The hot packs are wrapped in towel about 4-6 layers before being applied to the part. For the skin to reach its maximum temperature it takes about 8 minutes.

Q8. Explain the production of Infra red rays through luminous generator.

Ans: The rays emitted from the luminous generators are produced by incandescent lamps. The lamp consists of a wire filament enclosed in a glass tube, which may be evacuated or may contain an inert gas at low pressure.

Q9. Explain the therapeutic uses of Infra red radiation.

Ans: Therapeutic uses of infra-red are:-

- i. Relief of pain.
- ii. Muscle relaxation.
- v. Treat some skin condition.
- iv. Promote tissue flexibility and reduce stiffness.
- iii. Increase blood supply.

Q10. Mention the contra indication of wax bath therapy.

Ans: Contra indications of wax bath therapy are:-

- i. Open wound.
- ii. Allergic rash.
- iii. Acute skin condition.
- iv. Defective arterial blood supply.
- v. impaired skin sensation.

Q11. Explain the method of applying contrast bath procedure.

Ans: Two suitably sized baths are filled, the hot at 40-45°C and the cold at 15-20°C. It is usual to start and finish with immersion in the hot water. The period of immersion in the hot water is longer 3-4 minutes while immersion in cold water is kept to 1 minute. This cycle is repeated for 3-4 times.