

# PHYSICAL THERAPY

## COMMON TERMS

### Activities of Daily Living(ADL's)

- A term used to describe fundamental skills required to independently care for oneself, such as eating, bathing, and mobility.

### Fine Motor Skills

- Activities in which you use the small muscles in your hands and wrists to make precise movements.

### Manual Therapy

- physical treatment primarily used by physical therapists, physiotherapists, occupational therapists to treat musculoskeletal pain and disability

### Range of Motion

- the capability of a joint to go through its complete spectrum of movements.

### Core

- The core is the part of the human body located between the pelvic floor and diaphragm, and its main job is to hold and protect your spine..

### Bilateral

- having or relating to two sides; affecting both sides.

### Distal

- situated away from the center of the body or from the point of attachment.

### Hyperextension

- When the joint has been forced to move beyond its normal range of motion. When this happens, the tissues around the joint can become damaged.

### Kinesthesia

- Awareness of the position and movement of the parts of the body by means of sensory organs (proprioceptors) in the muscles and joints.

### Reflex

- involuntary, almost instantaneous movements in response to a specific stimulus

### Pes Planus

- commonly referred to as "flat feet," is a relatively common foot deformity and is defined by the loss of the medial longitudinal arch of the foot where it contacts or nearly contacts the ground.

### Recurvatum

- a term that is used when one hyperextends their knee

### Spasticity

- abnormal muscle tightness due to prolonged muscle contraction. It is a symptom associated with damage to the brain, spinal cord or motor nerves, and is seen in individuals with neurological conditions

### External Rotation

- An anatomical term of motion referring to rotation away from the center of the body.

### Genu Valgum

- common lower leg abnormality that is usually seen in the toddler, preschool and early school age child. In genu valgum, the lower extremities turn inward, causing the appearance of the knees to be touching while the ankles remain apart

### Genu Varum

- A condition where one or both of your child's legs curve outward at the knees. This creates a wider space than normal between the knees and lower legs



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## COMMON TERMS (CONT)

### Acromioclavicular Joint

- The acromioclavicular, or AC, joint is a joint in the shoulder where two bones meet. One of these bones is the collarbone, or clavicle. The second bone is actually part of the shoulder blade (scapula), which is the big bone behind the shoulder that also forms part of the shoulder joint.

### Body Mass Index

- Body mass index is a value derived from the mass and height of a person. The BMI is defined as the body mass divided by the square of the body height,

### Closed Kinetic Chain

- Closed kinetic chain exercises or closed chain exercises (CKC) are physical exercises performed where the hand (for arm movement) or foot (for leg movement) is fixed in space and cannot move.

### Dorsiflexion

- Dorsiflexion is the backward bending and contracting of your hand or foot.

### Degenerative Joint Disease

- Degenerative joint disease, which is also referred to as osteoarthritis (OA), is a common “wear and tear” disease that occurs when the cartilage that serves.

### Deep Vein Thrombosis

- Deep vein thrombosis (DVT) occurs when a blood clot (thrombus) forms in one or more of the deep veins in your body, usually in your legs.

### Myofascial Release

- A manual therapy technique often used in massage. The technique focuses on pain believed to arise from myofascial tissues – the tough membranes that wrap, connect and support your muscles.

### Proprioceptive Neuromuscular Facilitation

- a stretching technique that can improve your range of motion. Many therapists use PNF to help people regain their range of motion after injury or surgery

### Rheumatoid Arthritis

- an autoimmune and inflammatory disease, which means that your immune system attacks healthy cells in your body by mistake, causing inflammation (painful swelling) in the affected parts of the body. RA mainly attacks the joints, usually many joints at once. conditions

### Short Arc Quad

- The short arc quad exercise is a physical therapy exercise that is often used after a lower extremity injury to strengthen and improve range of motion

### Theraband

- TheraBand Loops are thick elastic bands that provide a way to strengthen muscles at home.

### Within Functional Limits

- A person's ability is outside of the normal range, but it is sufficient for activities of daily living

