Student's Name:

Professor's Name:

Course:

Date:

**Discursion Board 4**

**Aerobic training**

The term aerobic means "with oxygen." Moreover, aerobic training is termed as a physical activity that alleviates your heart to a particular target heart rate and maintains that level of your heartbeat for about 20 minutes. This activity helps in the proper circulation of oxygen in the body. Such activities include bicycling, swimming, and running.

**Electrical stimulation**

Electricals stimulation is also known as neuromuscular electrical stimulation (NMES) and is a method used to cause muscle contractions by the use of electrical impulses. Electrodes that are controlled by a unit are placed in a particular area on the skin. Then, the electrical current gets to be sent from the unit to the surface where muscle contraction occurs (Pagliarulo, 23). This kind of activity is used to achieve a lot of things in physical therapy. It generally used on illnesses or injuries that cause limited functional mobility and pain. Some conditions in which electrical stimulation is used include tendonitis, bursitis, and low back pain.

**What is joint mobilization**

Is a therapy technique which aims at reducing pain and improving joint range of motions. In this case, a therapist usually applies forces or pressures on a joint towards a certain direction, thus improving joint mobility. It depends on the feedback given by the patient, while it is also applied at different levels of intensity. It does not make anyone feel the pain

**Case study**

I choose to study the case study, which is in chapter eight, and deals with skeletal conditions. The first principle in the client management model is to examine the patient. This is done through the information gathered, which must be true and comprehensive (Pagliarulo, 22). A system review is also carried out to have some physiologic and atomic composition. The therapist therefore goes and choose the various procedure to perform on the patient. Evaluation, which is based on the findings, is also done. The patient is later diagnosed, and interventions to deal with the issue are usually put in place.

The first goal of a physical therapist is to observe so that she can determine the overall state of the condition (Pagliarulo, 21). This is possible through what is being referred to as gait. Gait is how a person walks. He can also check on muscle performance and motor fiction. The intervention which can be used in this case includes motor function techniques such as activities, postures, and movements.

The physical therapist also needed to do some muscle tests, which will require the patient to take a particular position and direction. In this case, the intervention in which the doctor used, it refers to manual therapy techniques. This is usually skilled hand techniques carried on soft tissues and joints to reduce pain at the same time increase motion. The achievement of the goal achievement asking for feedback from the patient about their comfortability

 The therapist also needed to perceive the range of motion to access the amount of joint movement. The physical therapist used the therapeutic exercise. It was in the form of physical activities and movements. This helped to improve in improving physical function of the patients. To see whether she has also achieved the goals, he needs to keep asking the patient whether he was comfortable or not.

 In conclusion, communication is essential to ensure that both the patient and the physical therapist are informed well. Interaction of the physical therapist and the patient need should also be documented and communicated effectively if the patient will need to go for medical treatment of somewhere else(Pagliarulo, 24). Records are also useful in case future retrieval is required. However, written communication can be of different formats

**Work Cited**

Pagliarulo, M. A. (2016). Introduction to physical therapy.