تجميعة أسئلة وحلول وفق الهيكل الوزاري المتقدم

التواصل الاجتماعي بحسب الصف الحادي عشر

روابط مواد الصف الحادي عشر على تلغرام

الرياضيات	اللغة الانجليزية	اللغة العربية	التربية الاسلامية

During the COVID-19 pandemic social media was very important for lots of people as it allowed them to keep connected with family and friend during lockdown. During a time where social gatherings were not possible it helped improve the mental wellbeing of lots of people by allowing them to maintain positive social health by interacting virtually with others and reducing social isolation.

Q.15: Why was social media useful to people during the COVID-19 pandemic?

Learning Outcomes Covered

o HSC.5.4.01.003

a. It made people feel isolated and depressed

b. It allowed people to interact virtually with friends

c. It made people feel inadequate about their life

d. It taught people false information about the pandemic

Interacting with others and expressing yourself .

Interacting with other people on social media, especially sharing messages, posts, and comments with close friends and family is linked to improvements in wellbeing.

For some people social media offers a safe space for people to express themselves and reveal their personal experiences and express themselves.

Research has shown that there are more negative than positive effects linked to our use of social media.

Using social media can mean that people sometimes experience cyberbullying, trolling and comparing themselves with other people. This can cause stress, anxiety, and depression.

Keyword
depression
a serious medical condition in which a person feels very sad and unimportant

Here are some of the ways that social media can have a negative effect on health:

Having fake friends - Sometimes you do not know everybody on your 'friend' list.

However, these people can have access to your photos, 'Snaps', and updates. Private information could be shared without your permission by people pretending to be your friends.

Less face-to-face time - Spending too much time on social media means that people are losing face-to-face communication skills.

Sleep problems - When you use a smartphone or laptop at night, the blue light from the screen can stop the body producing the hormone that helps you to sleep.

Tiredness during the day can cause mood problems and even accidents.

Feeling inadequate about your life

Keyword
inadequate
feeling like you are not enough, or good enough

People usually just show the best bits of their lives on social media, rarely the low points that everyone experiences. This can lead to feelings of envy and dissatisfaction.

Comparing yourself with others on social media

Lots of images on social media are 'airbrushed', or 'filtered'. This can make people feel insecure about the way they look which can lead to a low self-esteem or negative body image. It may even lead to disordered eating.

Fear of missing out

Fear of missing out is often called FOMO. Social media can make you feel like you are missing out and other people are doing better things than you and having more fun than you are. The feeling that you are missing out can effect your self-esteem, and even cause anxiety. FOMO can also make you want to check social media more often to make sure you're not missing out on updates, and make you want to respond to every message or alert you get quickly. This can then make you miss out on in-person interaction or lose sleep.

Isolation

Research has found that high use of social media increases feelings of loneliness and isolation.

Depression and anxiety

Everyone needs face-to-face contact to be mentally healthy. The more time you spend on social media interaction over in-person relationships, the more you're at risk for developing mood disorders such as anxiety and depression.

Becoming self-obsessed

Sharing lots of selfies and all your thoughts on social media can create an unhealthy self-centeredness and distance you from real-life connections.

Using social media to avoid social engagement

Sometimes if you are in a social situation and feel anxious, awkward, or lonely, you can use your phone as a distraction to avoid talking to others. However, interacting with social media rather than other people face-to-face only avoids much needed social interaction.

Hiding other underlying problems

Social media use could be hiding other underlying problems such as stress, depression, or boredom. If you spend more time on social media when you're feeling down, lonely, or bored, you may be using it as a way to distract yourself from negative feelings rather than addressing them.

	What is a negative effect of social media?	
27.	(A)	Learning new information and skills
	(B)	Making a social support network online
	(C)	Reduced isolation by connecting with others
	(D)	Feeling inadequate about your life

Cyberbullying

Online bullying, which is often called cyberbullying, is when technology is used to threaten, embarrass, or target another person. This includes sending mean, angry, or rude texts, tweets, and posts.

Teenagers are most at risk of cyberbullying when using social media and this can lead to negative thoughts about themselves.

Remember

Online bullying is also known as cyberbullying. It is when technology is used to threaten, embarrass, or target another person.

Cyberbullying includes:

⊙ sending hateful messages to somebody online.
⊙ spreading lies about somebody online.
⊙ making nasty comments on someone's social networking profiles.

:cause it happens online, it is sometimes hard to find and stop the bullies. How to respond cyberbullying:

⊙ Don't reply to bad messages and posts. If you are being cyberbullied, tell your parents or another adult.
⊙ If you are being bullied online, use the 'block' feature to prevent the bully from contacting you.
⊙ Delete your email account and set up a new one. Only share your new profile with people you trust.
⊙ If it still continues, you can report the bully to the police. Remember it is a crime in the UAE to cyberbully another person. Keep the messages or posts to show the police.

Did you know?

In the UAE it is against the law to commit 'cybercrimes'. This includes sharing other people's private pictures online and cyberbullying.

Dubai has set up a self-service website that allows the public to record complaints. Scan the QR code to find out more.

Q.7: What is cyberbullying?

Learning Outcomes Covered

○ HSC.5.4.01.005

a. Any action that you take online

b. The use of technology to threaten other people

c. The use of technology to help other people

d. A way of positively communicating with others

Which of the following is an example of cyberbullying?	
(A)	Using social media to promote your new business
(B)	Searching for health information online
(C)	Sending hateful messages to someone online
(D)	Connecting with people who have similar interests

Healthcare providers' use of social media

Healthcare providers can use social media in many ways, including:

- They can use online communication platforms to connect with patients.
- Social media can be used to share health updates with the public. For example, you could get updates about when to get a COVID-19 vaccination and learn tips on how to avoid spreading the virus.
- Health facilities can share information about:
    - opening times.
    - how to reach a doctor.
    - services available online and on social media.
- Medical professionals can join social media groups to talk about the area of healthcare. This way they can communicate easily with other experts around the world.

Q.24: Why should you be careful when using social media to find out healthcare information?

Learning Outcome Covered

SC.01.002

a. People who post healthcare information may not have a medical background

b. Information found on social media is not always correct

c. Searching medical conditions online could cause you to worry

d. All of the above

What information should healthcare providers share on social media?	
(A)	Patients' personal information and medical records
(B)	Opening times of hospital clinics
(C)	Doctor's home address and phone numbers
(D)	Hateful messages about patients and staff

Your online presence

Discussion: Your online presence

Have you ever heard of the terms 'online presence' or 'digital footprint' before? What do you think they might mean? Answer the questions in your workbook and discuss with your class.

Every time you go on the internet you leave a trace of your activity. This activity will remain somewhere online even if you delete your browsing history.

This may include information from your social media, your browser history and any photos and videos you upload. This is known as your online presence.

Digital footprint

All the actions that you take online shape a piece of what is called your 'digital footprint'.

This footprint could be seen by your family, friends, teachers, future university, or future employer. There is a large amount of personal information available online that people would not want others to see.

Digital footprints are _____.

a.   technology used to threaten or embarrass others

b.   cybercrimes which trick people out of money

c.   physical effects of using social media

d.   **all of the actions that you take online**

How could your future employer access your digital footprint?

a.   Request your health records

b.   Search your name online

c.   Read the newspaper

d.   Ask someone who knows you

How to keep a healthy online presence

There are some things that you can do to make sure that your online presence is positive. For example:

- Use social network websites in a positive way.
- For example, you could use them to communicate with your friends about homework or projects.
- Think before you post negative things.
- Try not to post negative things about other people. If you think something you posted online might hurt or upset other people, do not post it.
- Choose what you put online carefully.
- You do not have to put your whole life on social media. Carefully choose what you want people to know. Never post anything that you would be unhappy with everybody seeing.
- Set your social media settings to private.
- Selecting a strong privacy setting will help you control who looks at your posts. But remember private is never fully private.
- Research yourself.
- Do regular searches of your name. See if any bad information has been added. You can contact the person or even the web service provider to remove any negative information.

How to protect your online information

There are things you can do to make sure that no one can access your personal online information.

- Do not give out your personal information over the phone or the Internet unless you know who you are talking to.
- Do not share too much information on social networking websites. People can use this information to pretend to be you. Try not to give your full name, your address and phone number on these websites.
- When shopping online, only use websites that you know and trust. Most websites will have a 'lock' symbol at the top of the webpage. This means that your information is safe.
- Use strong passwords for your phone, laptop, bank, and other accounts. Make sure your password is difficult for other people to guess.
- Use security software on your computer. This can protect your computer against malware such as computer viruses that can damage it.

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Where to find reliable information online

The best place to find health information is from official health information websites, or medical centre and hospital websites.

Good sources of online health information include:

Government health advice websites

In the United Arab Emirates, the Ministry of Health and Prevention has a website that provides healthcare information to all of the UAE's citizens and residents.

Online helplines or forums

Online forums can be a good way to find health information online. Remember to check any information that you see on these websites.

Your doctor or nurse

Your doctor or nurse can recommend websites that you can look at if you want information about a health condition.

Other reliable health information websites

These include websites relating to health conditions, news websites, and websites developed by healthcare providers.

Medical journals

Medical journals are scientific reports that contain information about most health conditions.

Q.2: You are trying to find out up-to-date health information. Which of the following sources of information is the most reliable?

Learning Outcomes Covered
o HSC.5.4.01.007

a. | Something that was written in 2002 and has not been updated since

b. | Something that was shared in a WhatsApp group by your brother

c. | Something that was posted on the Ministry of Health and Prevention website

d. | Something that was written by a grade 12 student

How to search for reliable information

When searching for health information online, checking for the following should help you decide whether it is reliable or not:

1. Use websites you know:

Government websites such as the Ministry of Health and Prevention contain reliable sources of information.

UNITED ARAB EMIRATES MINISTRY OF HEALTH AND PREVENTION

World Health Organization

Websites produced by special organisations such as the World Health Organization also contain factual information. Always check that the website you are looking at is one that has a good reputation.

2. Who wrote it?

When you are looking for information, find out who the author is. Find out about their qualifications and experience. Try to find other information written by them. Ask yourself, do you believe they are qualified to write the information?

For example, online information written by a professor would be more reliable than information written by a student.

Did you know?

A 'peer reviewed' piece of work means that other experts in the subject have read and certified it as reliable information.

3. Is the website safe?

Health information should be private. Be careful of websites that ask for private information or share your details with others.

4. Check how old the information is

Keyword

up to date

using, or being aware of, the latest information

Sometimes a source of information that was written many years ago is not as reliable as a more recent source. In healthcare, it is important to try to find the most up to date data as opinions and practices change all the time.

For example, in the past, many health conditions were treated with mercury, a liquid metal. However, mercury was later found to be highly toxic and damaging to human organs and the nervous system.

5. Make a judgement

Once you have completed all the above checks, you can then decide whether the information you have found is reliable or not.

Keyword

judgement

making a decision based on careful thought

Remember

When researching online, you could be looking at incorrect information or individual opinions instead of facts. If you are still unsure, you can always ask a healthcare professional about the information you have found.

How do you know if health information you find online is reliable?

(A)	The information is published in a medical journal
(B)	The information is shared on a government website
(C)	The information is written by a medical professional
(D)	) All of the above

Did you know?

Wilhelm Wundt was the first person to refer to himself as a psychologist.

During the 19th century psychology started evolving as a new science. Psychologists around the world started doing experiments and research to try to understand the human mind and behaviour.

Groups of psychologists started thinking alike; they started having similar opinions and thoughts about the human mind. Those similar thoughts started being collected in groups. Those groups started being called schools of thoughts.

Keyword

evolving

to change or develop slowly often into a better or more advanced state.

Different schools of thoughts started being established. The most important schools of thoughts are:

Structuralism and functionalism school of thought

This is considered the first school of thoughts in psychology and it studies the most basic mental processes.

Behaviourism psychology

This school of thoughts explains that all behaviours are influenced by the environment around us rather than genetics.

The psychoanalytic school of thought

This school of thought focuses on how the unconscious mind can influence our behaviour.

Sigmund Freud was the founder of this school of thought.

The humanistic school of thought

This school of thoughts focuses on individual growth and achievement. This school of though focuses on helping people achieve and fulfil their potential.

Further information

Humanistic psychology is one of the most famous schools of thought. It is used nowadays to help people live a happier and more fulfilling lives.

The gestalt school of thought

This school of thoughts suggests that humans experience things as a whole. This school doesn't separate between the mind, behaviour or emotion.
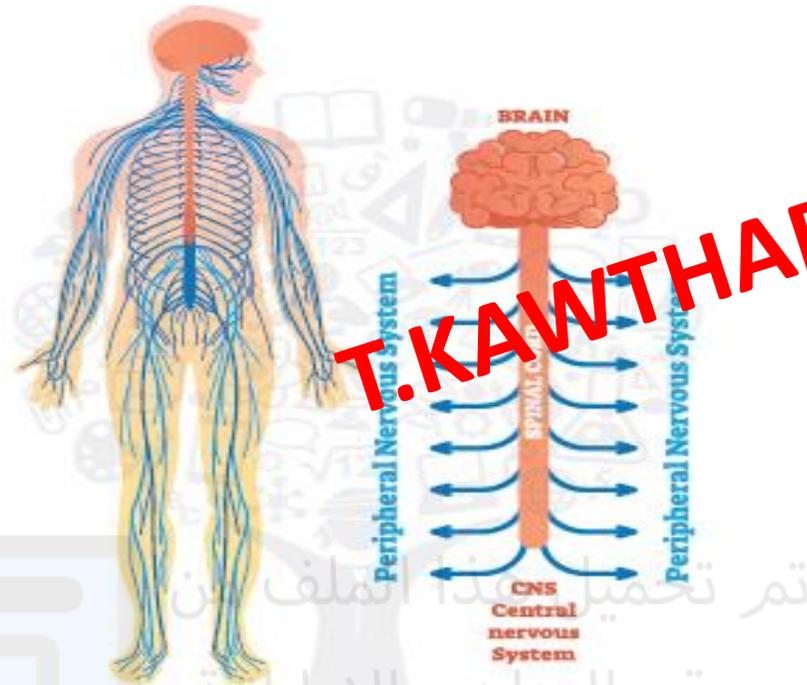
Q.5: What is psychology?

Learning Outcomes Covered

o HSC.2.2.01.001

a. The study of the mind and behaviour

b. The study of the function of the body

c. The study of social media and its use

d. The study of disease and illness

Q.11: Which part of the body interprets messages from the sensory receptors and tells the body how to react?

Learning Outcomes Covered

○ HSC 2.2.01.3

a. Peripheral nervous system

b. Central nervous system

c. Circulatory system

d. Arms and legs

Peripheral nervous system (PNS)	Central nervous system (CNS)
The PNS includes the peripheral nerves. These are away from the centre of the body and found in the arms and legs.	The CNS includes the brain and the spinal cord.
The PNS takes messages and passes them onto the CNS.	It interprets the messages sent from the peripheral nervous system and then sends a message back to tell the body how it should react.

(W) Keyword

interpret

to understand something in a certain way

Basic cognitive processes

1. Sensation

Sensation is one of the basic cognitive processes. It is the process that allows our brain to take in information from our five senses. This information can then be interpreted and processed by the brain.

Remember

To interpret is to understand something in a certain way.

The five senses are sight, hearing, taste, smell and touch. Each of these systems contain something called sensory receptors. These allow the senses to transfer information from the environment, through the spinal cord, and on to the brain very quickly.

Sensory receptors are located all over the body, and are found in the following:

- eyes
- ears
- nose
- mouth
- skin

5 senses

sight   hearing   smell   taste   touch

13: Jameela is starting to lose her sight. What cognitive process is affected?

Learning Outcomes Covered

- HSC.2.2.01.003

a. Sensation

b. Memory

c. Intelligence

d. Consciousness

Sensory receptors found in the _____ allow you to smell.

a. eyes

b. ears

c. nose

d. tongue

Keyword

perception

the way a person interprets and understands the world around them through their senses

Perception is the process of getting, selecting and organising the information that is being sent from the five senses (sight, smell, hearing, taste and touch).

The information is processed in the brain, which then tells the body what to do.

Sight

Smell

Hearing

Touch

Taste

Example

Before crossing a busy road, you look left and right and listen for traffic. If you don't see or hear any cars coming, your brain processes the information from your eyes and ears and tells you that it is safe to cross the road.

Your past experiences or memory play a part in perception. If you ate an apple that tasted bad in the past, the next time you are offered an apple, you will not want to eat it.

2.24: What is perception?

Learning Outcomes Covered

- HSC.2.2.01.003

a. The process of selecting and organising information that is sent from the five senses

b. The ability to be aware of your thoughts, memories, feelings and environment

c. The process of storing and recalling information over a long period of time

d. When the level of sensitivity of a sensation decreases over time

3. Language

Language refers to how we communicate with each other. This can be verbal, written, or non-verbal such as body language

Keyword

verbal

spoken language; relating to or consisting of words

4. Thinking

How people think is a very important cognitive process.

The left side of the brain is responsible for logical thinking. This is what helps you to make decisions and judgements. It helps with problem-solving and reasoning.

The right side of the brain is responsible for creative thought, awareness and imagination.

Thinking can also be emotionally based. This is also known as emotional intelligence. This kind of thinking affects your feelings, your mood, your motivation and your self-esteem (how you feel about yourself).

Which type of intelligence helps you to solve problems?

a. Sensory intelligence

b. Verbal intelligence

c. Analytical intelligence

d. Interpersonal intelligence

Keyword

emotion

a strong feeling such as love, anger, hate or joy

5. Intelligence

Intelligence is the mental ability to learn from experience, adapt to new things, understand thoughts and ideas, and use knowledge.

Human intelligence is not only how clever somebody is. It is also about all the different skills and abilities that a person has. There are many different types of intelligence. For example:

Which of the following is a higher cognitive process?

a. Perception

b. Intelligence

c. Sensation

d. Consciousness

Analytical intelligence:	Verbal intelligence:
The ability to solve problems	Skilled in languages
Interpersonal intelligence:	Practical intelligence:
Good with other people	The ability to adapt to new things

Theory of cognitive development

Cognitive development refers to the development of cognition throughout the lifespan.

> **Remember**
>
> Cognition is the mental action or process of gaining knowledge and understanding.

Cognition develops as people learn and experience new things. This is done by the processes of learning, thinking and memory. As people get older, their cognitive processes change. These changes are mostly seen during childhood.

The psychologist Jean Piaget created the theory of cognitive development to explain how children move through four stages of mental development.

The four stages of cognitive development that Jean Piaget created are:

Sensorimotor – 0-2 years

Infants start to build an understanding of the world through their senses by touching, grasping, watching, and listening.

Pre-operational – 2-7 years

Children develop language skills and begin to use pretend play, draw pictures, and talk about things that happened in the past. They begin to understand different objects, their names and uses.

Concrete operational – 7-11 years

Children learn logical concrete (physical) rules about objects, such as height, weight, and volume. They can understand conversations and the feelings of others.

Formal operational – 11+ years.

At this stage, children and young adults can critically analyse situations, use reasoning and understand abstract ideas. This stage lasts throughout adulthood.

Keyword

pretend play

when children use objects and things to represent something real, such as pretending to cook, feeding o a doll or making a toy airplane fly

Keyword

reasoning

refers to logic or sensible thinking. For example, when you think of a problem to try to find a good solution, this is considered reasoning

Example

A baby will put different objects in their mouth to taste and feel them. By the age of three years, most children have stopped putting objects into their mouths as they have developed their other senses to understand how objects look, taste and feel.

Q.6: According to the theory of cognitive development, the pre-operational stage happens at what age?

Learning Outcomes Covered

○ HSC.2.2.01.005

a. 0-2 years old

b. 2-7 years old

c. 7-11 years old

d. 11 years and older

T.KAWTHAR HENDAWI

Social cognitive theory

The social learning theory explains how people learn from one another.

This theory was developed by a psychologist called Albert Bandura in the 1960's. He called it the Bandura theory.

Bandura's theory explains how people learn and develop their behaviour and skills through watching, imitating and copying other people.

Keyword

imitate

to copy someone's behaviour or actions; to do things the same way

Example

Sports instructors demonstrate and explain the skills and rules of sports, like football and jujitsu to individuals or groups. Their students then copy the behavior and actions of the instructor. This is how they learn to play the sport.

People usually learn new behaviours from their parents, teachers, brother, sisters and friends. When they try the new behaviour, they are either rewarded for it. If they are rewarded, they are likely to try it again. If they see the other person benefit from doing something, they are more likely to try it themselves.

Discussion: What have you learned from other people?

Think about all the different things you have learned from other people. Discuss them with your class.

The types of things that people learn from one another include practical and social skills such as:

⊙ basic practical skills such as walking and talking.
⊙ communication skills including listening skills.
⊙ more complicated skills such as cooking, using a computer or playing sports.
⊙ morals: understanding what is right or wrong.
⊙ how to behave in different situations.
⊙ how to build relationships with other people.

The four types of personality are:

1. **Average personality** – This is the most common type of personality. This personality is usually sociable and friendly. They like routines and the feeling of stability. This personality feels emotions, such as anger, happiness or anxiety.

2. **Reserved personality** – This personality type is sociable but might prefer to have a smaller group of good friends. They are good listeners, and they pay attention to other people's feelings and emotions. They usually feel less emotions than an average person.

3. **Role model personality** – This personality type is more common as we grow up. This personality likes new ideas, changes and suggestions. They are nice to work with and they adapt very easily.

4. **Self-centered personality** – This type of personality is common in younger people and it usually changes as we grow up. This personality is the most sociable, friendly. It is easy to laugh with. However, they are not very open to other people's suggestions or ideas. They are not very good listeners, and they don't pay a lot of attention to how others feel.

Keyword

sociable

to be friendly, nice and to enjoy talking to other people.

Research: types of personality in men and women

Research which types of personality are more common in men and which are more common in women. Share your findings with your class.

"Knowing yourself is the beginning of all wisdom."

Discussion: Scientific reports

Have you ever heard of a scientific report? What kind of things do you think a document like this would have? Discuss this with your class.

A scientific report is a document that has scientific information. It can include information about research that has been done by the author (writer) of the report. But it can also have a summary of research that has been done by others. A scientific report will usually have the following parts:

1.	Hypotheses	7.	Research design
2.	Title	8.	Results
3.	Abstract	9.	Discussion
4.	Authors	10.	Conclusion
5.	Introduction	11.	Recommendations
6.	Methods	12.	References

1. Hypothesis

The hypothesis is the idea you are trying to study and prove, it is not a question. You must be able to test your hypothesis.

Example

an example of a hypothesis can be; people who eat fast food everyday are more likely to be overweight and have heart disease in the future.

2. Title

The title of the report will give the reader a small amount of information. This is so they understand what to expect from the report. Make the title interesting.

3. Abstract

This is a brief summary of the report. It includes a small amount of information about what you did and why. It shows the problem, and it will also explains very shortly your findings and recommendations.

4. Authors–

This refers to the names of all authors (writers) who worked on your report or findings.

5. Introduction

This is some information about the topic, the reasons for doing the report and the objectives.

6. Methods

In the methods section details are given about the exact process that was followed to do the research.

7. Research design

In some cases, people do their own research, or they do an analysis of data that already exists. Research can be done in a clinical setting, such as a hospital, in a lab or through questions.

8. Results

If you did an experiment or survey for example, you would include the findings from your research. You do not write your own opinion. Results should be based on facts.

9. Discussion

In this section, you will explain your findings from your research. You will get to know the meaning of your findings and if they prove your hypothesis.

10. Conclusion

This section is short. It is a summary of your report. You can also mention anything that you could do in a different way if you had a chance to do the research again.

11. Recommendations

This is where you could provide recommendations for people based on the results of your research.

12. Referencing

This is a record of any sources of information or text that you used in your scientific report. You should provide details so that the exact information can be found by anyone reading your report. If you do not do this you could be using someone else's work.

Keyword

plagiarise

when the work of one person is copied by someone else and it isn't referenced

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Q.22: In a scientific report, what information is included in the results section?

Learning Outcomes Covered
- HSC.2.2.01.008

a. The name of any author that worked on the report

b. Factual information about the research findings

c. A brief summary of why the study was done

d. A record of any sources of information that was used

Q.19: When writing a scientific report, where should you record any sources of information or text that you have used, in order to avoid plagiarism?

Learning Outcomes Covered
- HSC.2.2.01.008

a. References

b. Hypothesis

c. Authors

d. Methods

T.KAWTHAR HENDAWI

People of all ages use physiotherapy, including the following:

- Premature babies
- Children with physical developmental diseases
- Pregnant women
- Athletes
- Elderly people
- Heart disease patients
- Stroke patients
- Patients after major surgery

The purpose of physiotherapy

Here are some reasons why physiotherapy is important.

To reduce or stop pain

Many different physiotherapy techniques can improve muscle and joint function to reduce pain. Some techniques can stop pain from returning.

To avoid surgery

If physiotherapy helps to heal from an injury, surgery may not be needed.

To improve mobility

People of all ages may have trouble with standing, walking or moving. Stretching and strengthening exercises can help improve mobility.

To recover from a stroke

Physiotherapy helps to strengthen weakened parts of the body after suffering from a stroke. It can also improve patients' ability to carry out daily activities and regain independence.

To recover or prevent sports injury

Different sports can increase the risk of different injuries.

Example

Marathon runners are more likely to suffer from stress fractures. Tennis players are more likely to suffer from tennis elbow. Footballers are more likely to suffer knee ligament injuries.

Physiotherapy can be tailored to each type of sports injury through various recovery or exercise programmes. They help to ensure a quick and safe return to sports.

To improve balance and prevent falls

Some patients may be at risk of falling. They will be given exercises or walking aids to improve balance and coordination.

To manage age-related issues

As people get older, they may develop conditions such as arthritis, osteoporosis or need a joint replacement. Balance decreases as age increases, therefore the risk of falling is also greater.

To manage women's health

Women have their own health concerns, like pregnancy, bowel and bladder control. Physiotherapy can help manage issues related to these concerns.

Which healthcare professionals are involved?

The healthcare professional that provides physiotherapy is called a physiotherapist.

Most patients are referred to a physiotherapist by a doctor, but others may seek treatment by themselves. You can find physiotherapists in hospitals and specialised physiotherapy clinics.

Research: Physiotherapy in your area

Research where you can find a physiotherapist in your local area, should you ever need to visit one.

Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice.

Passive therapy

Keyword

passive

when a person allows something to happen to them without taking action

Passive therapy is when something is done to the patient. This therapy does not require the patient to do anything, instead, the physiotherapist carries out the therapy technique. Examples of passive therapy include:

- Massage
- Manipulation
- Acupuncture
- Ultrasound
- Hot packs
- Ice packs
- Laser
- Electrical nerve simulation

Research: Passive therapy techniques

In groups, research each of the passive therapy techniques and what they involve.

If someone cannot move their limbs on their own, passive therapy allows a physiotherapist to move their body for them. Although passive therapy does not require any effort from the patient, the movement still carries many benefits. It can improve blood flow to the injured area and provide sensory activation to the limbs.

Active therapy

Active therapy is when the patient is actively involved in treatment. The patient will begin to do actual joint and muscle movement.

In the beginning, it may involve stretching muscles or moving joints. This can be done with or without the help of a physiotherapist. As the patient improves and their muscles become stronger, they can begin doing physical movements on an exercise bike or a treadmill.

Other active therapy techniques include weightlifting and balance exercises. Balance exercises are very important for people who have ankle or knee injuries and require balance practise.