



Yarmouk University

Faculty of Physical Education and Sport Sciences

Physical Therapy Lab

The person in charge: Mr. Abdullah Al-Sharman - Mr. Omar Al-Omari

Laboratory Overview:

The laboratory focuses on research conducted by master's students, who investigate topics related to their master's theses. Some of the research areas include:

- Improving range of motion for lower body joints using goniometry before and after exercise sessions.
- Alleviating joint and back pain through the use of short wave diathermy.

Additionally, the laboratory provides emergency and therapeutic services to injured athletes, addressing conditions such as muscle strains, ligament sprains, and wounds, while also measuring blood pressure and glucose levels.



Devices:

- 1. Electrical Stimulation Device:** Used to alleviate nerve pain such as in spinal disc herniation and muscle pain.
- 2. Therapeutic Ultrasound Device:** Utilized for treating spasms, pain relief, and reducing swelling in sports injuries.
- 3. Short Wave Diathermy Device:** Primarily used to treat joint diseases like chronic arthritis.
- 4. Lumbar & Cervical Traction Device:** Used to alleviate pressure on nerves in the spinal column.
- 5. Infrared Radiation Device:** Used for muscle and joint pain relief, and helps relax stiff muscles.
- 6. Hot and Cold Packs and Paraffin Wax Bath:** All used for pain relief, inflammation reduction, swelling reduction, and muscle spasm relief.



Infrared radiation



Electrical stimulation



Short wave diathermy



Ultrasound



Traction