

ENGLISH FOR PHYSICAL THERAPY AND ERGOTHERAPY

LEARNING GUIDE FOR MASTER'S DEGREE STUDENTS

МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
Харківський національний медичний університет

**ENGLISH FOR PHYSICAL THERAPY
AND ERGOTHERAPY**

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**Методичні вказівки
до занять з дисципліни
«Іноземна мова за професійним спрямуванням»
для студентів магістратури фаху
«Фізична терапія, ерготерапія»**

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ПЕРЕДМОВА

Програма вищої медичної освіти передбачає, зокрема, опанування англійською мовою професійного спрямування. Сучасний лікар має бути обізнаним із найсучаснішою літературою у професійній галузі та регулярно ознайомлюватися з оригінальними англійськими фаховими джерелами інформації світового рівня розвитку медицини. Навички читання іноземною мовою мають велике значення для професійного вдосконалення. За наявності численних сучасних публікацій набувають особливої важливості вміння пошукового (знайти потрібну інформацію) та ознайомлювального (зрозуміти основні відомості тексту) читання.

Актуальність даного видання зумовлюється нагальною потребою в навчальних матеріалах для занять з англійської мови професійного спрямування для студентів магістратури фаху «Фізична терапія. Ерготерапія», які використовують автентичну літературу, дібрану за потребами даного контингенту у складанні іспиту з англійської мови, а також для застосування у подальшій фаховій діяльності. Дані методичні вказівки ураховують мовну специфіку текстів названої спеціальності.

Метою методичних вказівок є формування у студентів фаху «Фізична терапія. Ерготерапія» навичок роботи зі спеціальною англійською літературою фаху «Фізична терапія. Ерготерапія».

Методичні вказівки складаються з 10 розділів, у яких представлено матеріал, спрямований на розвиток усіх видів іншомовної мовленнєвої діяльності в галузі фізіотерапії та ерготерапії. Видання містить різноманітні вправи, виконання яких сприятиме формуванню англійської професійної компетентності студентів фаху «Фізична терапія. Ерготерапія».

Тексти для читання і вправи розраховані на роботу із формування навичок пошуку та опрацювання необхідної інформації, дискутування з певних фахових питань, а також практичної роботи фізіотерапевта та ерготерапевта. Мовний матеріал було дібрано з оригінальної довідкової, навчальної та фахової англійської літератури з урахуванням вимог методики викладання іноземної мови професійного спрямування. Методичні вказівки розраховано на студентів, які володіють знаннями англійської мови й іншомовними мовленнєвими навичками на рівні B1+.

Методичні вказівки рекомендовані для аудиторної роботи в групах студентів магістратури першого року навчання фаху «Фізична терапія. Ерготерапія». Також пропонувані вказівки можна рекомендувати для самостійної роботи студентів і для занять з аспірантами та фахівцями, які зацікавлені в підвищенні рівня володіння англійською мовою.

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UNIT 1. Work of physiotherapist

What do you know about the recovery of patients?

What do physiotherapists do?

What are the current job prospects for physiotherapists?

Is physiotherapy the right career for you? Explain why.

Basic terminology

Match the words and definitions:

physical therapist	physical harm or damage
impairment	a method for determining quantity, capacity, or dimension
spinal cord	a particular way or manner of moving on foot
injury	a sphere of activity, influence, or knowledge
evaluation	a thick cord of nerves inside your spine which connects your brain to nerves in all parts of your body.
ultrasound technique	the property of being bent easily without breaking
treatment	the state or quality of being strong; physical power or capacity
flexibility	a person whose job is using physiotherapy to treat people.
measurement	the use of an agent, procedure, or regimens, such as a drug, surgery, or exercise, in an attempt to cure or mitigate a disease, condition, or injury
strength	the thigh bone, extending from the pelvis to the knee
gait	a diagnosis or diagnostic study of a physical or mental condition
domain	the use of ultrasonic waves for diagnostic or therapeutic purposes, specifically to image an internal body structure, monitor a developing fetus, or generate localized deep heat to the tissues
femur	the condition of being unable to perform as a consequence of physical or mental unfitnes; "reading disability"; "hearing impairment"

1. Read the text and underline any new information you haven't known before. Tell the class about it.

PHYSICAL THERAPY IS MY PROFESSION

Physical therapy is a growing profession with four areas of practice: an examination of individuals with impairment, functional limitation, and disability; treatment of impairment and functional limitation through therapeutic intervention, which includes exercise, patient education, and application of modalities; consultation; and research. Physical therapists evaluate ill or injured persons to determine what functional limitations are present. For example, a young man who suffers from spinal cord injury will have strength and flexibility limitations in various muscle groups depending on the level of injury. A young woman with multiple sclerosis may have functional limitations in balance and coordination.

Initial evaluations performed by the physical therapist include measurements on a wide battery of abilities. Physical therapists measure an individual's capability in domains including strength, endurance, flexibility, coordination, balance, gait, skin integrity, and ability to perform simple activities of daily living. After the initial evaluation of a patient, the physical therapist will identify a set of problems with physical function and assess how these problems may best be approached through exercise, massage, or a modality (treatment applications other than exercises, such as hot/cold packs, ultrasound – healing through deep sound technique – or electrical stimulation).

Physical therapists today also act as consultants through their knowledge of exercise, and those in clinical and academic settings are also involved in research projects to determine whether the treatment interventions they are currently using are grounded in theory and to determine how best to improve upon interventions. In today's health care arena, physical therapists must be patient advocates—that is, balance the dual roles of providing expert information to patients on all types of disease and injuries, allowing the patient to play an active role in choosing options for treatment.

2. Use the text to answer the questions:

1. What is physical therapy?
2. How many practical fields do modern physiotherapists work in?
3. What are the duties of a physical therapist?
4. What patient's findings are assessed by a physical therapist?
5. What is the primary task of a physical therapist during the examination?
6. What secondary tasks are performed by a physiotherapist during patients' examination?
7. Who chooses the type of treatment for a patient?
8. Why should a physiotherapist be involved in research?

3. Find correct equivalents for the words:

therapist	synchronization
injury	healing
coordination	learning
treatment	physician
exercise	study
knowledge	trauma
function	checkup
education	training
examination	operation

4. Mark the following statements as true or false:

1. Physical therapy is a profession, popular in the past, and is not widespread today.
2. There are five main fields in which physiotherapist work nowadays.
3. Physical therapists are engaged only in the treatment of the patients.
4. A physical therapist should be a good diagnostician.
5. Modality treatment involves only the physical activity of the patient.
6. An electric current to affect a tissue is often used in physiotherapy.
7. A person with multiple sclerosis can be restricted in movements.
8. Patient education is a part of a physiotherapist's work.

5. Study the combining forms and prefixes:

- vertebra-** – vertebra
- tendino-** – tendon
- antero-** – front
- carpo-** – carpus or carpal bones
- nat-** – birth
- femoro-** – related to the femur

6. Read the presentation about the services provided in physical therapy and supply possible disease conditions/ recovery programs for them from the list below:

Depending on the clinical setting, the physical therapist or physical therapist assistant may provide treatment for:

- back conditions – _____
- knee problems – _____
- shoulder/arm conditions – _____
- neck conditions – _____
- sprains and muscle strains – _____
- ankle/foot problems – _____
- carpal tunnel syndrome, hand/wrist problems – _____
- hip fracture – _____
- postsurgical rehabilitation – _____
- stroke rehabilitation – _____
- problems with balance – _____

disabilities in newborns – _____
burn rehabilitation – _____
pre-/postnatal programs – _____
incontinence – _____
women's health – _____

Congenital dislocated hip, fracture of the femoral neck, rheumatism, anterior achilles tendon bursitis, vertebral fracture, tendinitis, swollen lymph nodes, trigger finger or trigger thumb, chronic knee pain, disequilibrium, pelvic girdle pain during pregnancy, paralysis and cognition problems, involuntary excretion of urine, recovery after joint replacement, prenatal yoga/aqua, pains after burning.

7. What are the benefits of post-surgical rehabilitation? Choose the proper option:

- Effective management of your pain
- Help you to get excellent marks
- Advise on effective positioning to increase comfort and reduce the risk of pressure sores
- Help you to return to activities of daily living
- Increasing everyday meal frequency
- Strengthening of weak muscles
- Allowing not to see everyday problems
- Stretching of muscles that may have become stiff
- Elevation of the body temperature
- Help to get you back to the level you were previously
- Development of multiple diseases
- Opportunity to be vaccinated every month
- Improving your posture
- Swelling of lymph nodes
- Help to clear any secretions, improve lung volumes and prevent chest infections

8. Speak about your future profession with the help of the information from ex.6.

9. Read the dialogue and take the test:

Physician: Good morning, Mr. Freeman. How are you today?

Freeman: Not very well, doctor.

Physician: Well come and sit down and tell me what's worrying you.

Freeman: I've got a terrible stomach ache, Doctor.

Physician: How long have you had this pain?

Freeman: Well, it started yesterday afternoon and I was terribly sick during the night.

Physician: Take your clothes off, please, Mr. Freeman, and lie on the couch.

No, don't take your trousers off. Just your jacket and shirt. Now, tell me where your stomach hurts you. Up here, or here in the middle, or down here?

Freeman: It hurts all over.

Physician: I see. It's probably nothing important, but I want you to have an X-ray.

Freeman: You don't think it's serious, do you?

Physician: I'll decide when I see the X-ray, so get dressed now and follow the nurse.

TEST

1. What's the trouble with Mr. Freeman?
 - a. He has pain in his stomach.
 - b. He had pain in his back yesterday.
 - c. He is referred to X-ray.
2. What happened to him during the night?
 - a. He couldn't sleep.
 - b. He vomited.
 - c. He woke up early.
3. Where does his stomach hurt?
 - a. On the left.
 - b. On the right.
 - c. All over.
4. Which one is correct?
 - a. He takes all his clothes off.
 - b. He takes his jacket and shirt off.
 - c. He takes his trousers off.
5. What does the doctor think?
 - a. He thinks it's appendicitis.
 - b. He thinks it's serious.
 - c. He doesn't know yet.

10. Unscramble the letters to write correct words and word combinations used in the Unit :

CSYAPLHI RASIPETTH
RIITMMAPEN
SALPIN ORCD
NYJIRU
VITANEOAUL
TOUSAUNLRD CUHENITEQ
TMERTAENT
TEIBYIFXLLI
TEAMENMREUS
TIGA

Unit 2. Physiotherapy
Basic terminology

Find equivalents for all terms:

routine	requiring much effort or attention
adolescent (adj)	of or relating to a job or position that requires little experience
stretching	to expose or make liable to danger, suspicion, or disrepute
demanding	short-term medical treatment, usually in a hospital, for patients having an acute illness or injury or recovering from surgery
pursue (v)	a regularly performed behavioral sequence
mastectomy	a young person who has undergone puberty but who has not reached full maturity
niche	a health plan or system that seeks to control medical costs by contracting with a network of providers and by requiring preauthorization for visits to specialists
time frame	to apply or dedicate (oneself, time, money, etc.) to some pursuit, cause, etc.
compromise (v)	a massage technique that consists of pulling a body region or extremity away from its most anatomically neutral position. Stretching may occur with (active) or without (passive) the patient's help
devote (v)	to follow in an effort to overtake or capture; chase
managed care	a period during which something takes place or is projected to occur
entry-level (adj)	surgical removal of all or part of a breast, sometimes including excision of the underlying pectoral muscles, associated skin, and regional lymph nodes, usually performed as a treatment for cancer
acute care	a position particularly suitable for the person occupying it

1. Tell the student group about your usual working day.

2. Read the text and supply a title for it.

Generally speaking, there is no 'typical day' for a physical therapist, since career paths and daily routines vary so widely. After two or three years of general practice, a physical therapist may find a special area of interest and devote energy and training to a specific patient population or specific treatment technique. For example, a physical therapist in Reno, Nevada, may find that his special area of interest is prevention of injuries in high school students involved in team sports and he may set up a private practice teaching adolescents and adults stretching and strengthening techniques and conditioning routines. A physical therapist living in New York City may have found her niche in evaluating and treating women living with breast cancer after total mastectomy procedures.

A day in the life of an entry-level physical therapist at an acute care hospital in a city will consist of seeing an assigned patient load that can range from eight to 12 patients a day in a quality facility. Too many patients a day equals an understaffed facility and compromises on care. Treatment times range from 20 minutes to 40 minutes, a much shorter time frame compared to the days before managed care, when typical treatment lasted 40 minutes to an hour. A physical therapist conducts her evaluations, treats her patients, documents all treatments (often written documentation can take 20 to 30 percent of the workday), attends in-services, which are educational training sessions for physical therapists by in-house and outside experts, and participates in interdisciplinary meetings.

Physical therapy work is physically demanding, as therapists must use their own strength to transfer, gait train and exercise patients, and the new physical therapist will have to learn how to economize her own physical energy by scheduling time to document notes or other nonphysically demanding activity in between exercise sessions. It is important for an individual pursuing the field of physical therapy to understand how wide the opportunities for practice in the field are. There is always more to learn.

<https://careercorner.unc.edu/2019/10/17/a-day-in-the-life-physical-therapist>

3. What do these numbers refer to?

2 or 3, 8–12, 20–40, 40–60, 20–30.

4. Answer the questions:

1. Why do physiotherapists have a variable working day?
2. What does the specialization of a physiotherapist depend on?
3. How many patients a day may a physical therapist admit at a big hospital?
4. How much time does it take to treat a patient?
5. What are the duties of a typical physiotherapist?
6. What qualities should a physical therapist have?
7. How much time does it take to manage paperwork?
8. What is the difference between the work of physiotherapists in Reno and New York?
9. Why is it unacceptable to have a hospital department overloaded with patients?

5. Write out all daily activities of a physical therapist from the text in ex.2:

6. Where do physical therapists work? Underline the correct options:

Health club, circus, hospital, mine, skilled nursing / extended care / subacute facility, home healthcare services industry, post office, rehabilitation center, airport, outpatient clinics or offices, subway, schools, including pre-schools and special

schools, research center, police station, farm, railway station, industrial / workplace / or other occupational environments, theatre, nursing home, hospice, restaurant, fitness club, market, spa, building site, sports training facility, garage, senior citizen center.

7. In the history of present illness, or HPI, you will be asking questions that are related to the specific problem of your patient. Make the questions using proper tense and form of a verb:

What _____ (to make) you come here?

What _____ you feel? Please _____ (to describe) to me (Location/Intensity/Duration). What other symptoms _____ you feel? Please _____ (to describe) them.

What _____ (to be) your activity at the time your symptoms _____ (to occur)? / What _____ you _____ (to do) when your symptoms _____ (to occur)?

What _____ (to make) your symptoms worse? What _____ (to make) it better?

What _____ (to do) you about your symptoms? (Medications / Consultations and treatments provided including relevant lab works and results if available)

What other concerns _____ (to have) you _____?

8. Act as a doctor and a patient according to the HPI below and ask questions to obtain the following information:

a) Mrs A, 35 year old female, a medical receptionist, presented to our practice with severe pain in the right forearm. She also had pins and needles in her fingers all the time. Mrs A could not do some of her work duties, she found it difficult to do filing and use a mouse at work.

b) Mr J, a professional horse rider presented to our practice with right side pain over the top of the shoulder, after training several horses. This pain was burning and quite disabling.

c) Mrs D, 56 year old female, retail assistant, presented to our practice with slight incontinence (leakage of urine) and urgency (leaking when you think you need to go to the toilet) particularly when she finished work. Mrs D found she always had to rush to the bathroom and sometimes didn't make it in time.

From: <http://www.mitchellphysio.com.au/index.php/case-studies/>

9. Study the pictures and answer the questions. (Physiotherapy. Career Paths. SB. Book 1, Unit 1, p.4-5).

What is happening in each picture?

How does it relate to physiotherapy?

10. Complete exercise 4, p. 5 individually. Compare your answers with your classmate.

11. Review the unit vocabulary and find definitions for each word. According to the definitions put the proper part of speech before each vocabulary word.

() balance	a patient who attends a hospital for treatment without staying there overnight
() inpatient	in a skillful or expert manner
() mobility	restore (someone) to health or normal life by training and therapy after illness
() outpatient	the ability to remain steady when you are standing up
() expertly	return (someone or something) to a former condition, place, or position
() rehabilitate	the therapeutic use of physical agents or means, such as massage, exercises, etc.
() physiotherapy	the act of making longer
() restore	a patient who lives in hospital while under treatment
() stretching	the ability to move freely and easily

12. Compose 5 sentences using the words from the previous exercise.

13. Unscramble the letters to write correct words and word combinations used in the Unit:

NEORIUT

EENSODCTLA

GNSTTCIREH

ATESTMYOCM

EIHCN

TMEI ARMFE

MPSICREMOO

GMEDANA CRAE

RELVYTELEN

TAECU NIAP

Unit 3. Nervous system disorders

Basic terminology

Match the words and the definitions:

nervous (adj)	the condition of being unable to perform as a consequence of physical or mental unfitnes; "reading disability"; "hearing impairment"
manifest (v)	deep vein thrombosis
stroke	a tool for disabled or elderly people who need additional support to maintain balance or stability while walking
impairment	the ability to sustain activity over a period of time
splinting	transient ischemic attack, or 'mini-stroke'
DVT (abbr.)	cerebrovascular accident, or 'brain stroke'
walking frame	to show plainly; reveal or display
discharge	stabilization, immobilization, and/or protection of an injured body part with a supportive appliance
endurance	release from a hospital or other course of care
CVA (abbr.)	of or relating to the nerves or nervous system;
TIA (abbr.)	a sudden loss of brain function caused by a blockage or rupture of a blood vessel to the brain, characterized by loss of muscular control, diminution or loss of sensation or consciousness, dizziness, slurred speech

What organs may be affected if a patient has a neurological disorder?

1. Read the following information from the website 'Neurological physiotherapy' regarding physiotherapy of the neurological system.

Neurological physiotherapy involves the treatment of people with movement and function disorders that have originated from problems within the body's nervous and neuromuscular system.

These conditions often manifest themselves as muscle weakness, poor balance and coordination, uncontrolled muscle spasm and tremors, loss of function and decreased sensation. Common neurological conditions include:

- Functional Neurological Disorders
- Stroke, CVA or TIA
- Spinal cord and traumatic brain injuries
- Multiple sclerosis
- Parkinson's disease

In Hospital Physiotherapy

Acute neurological conditions, such as a stroke, spinal injury or traumatic brain injury, often present to the hospital for immediate treatment. Depending on

your symptoms and condition, your doctor may request physiotherapy treatment while you are in hospital. Your Physiotherapist will undertake a comprehensive assessment of your strength, coordination and balance and will then tailor a treatment program to your unique needs. Depending on the impairment, your physiotherapy treatment may include:

- **Passive Limb Exercises:** if you are unable to move your arms and legs yourself
- **Positioning / Splinting:** correct limb positioning, or splint prescription, to ensure that your joints don't tighten
- **Bed Exercises:** to stretch and strengthen your muscles
- **Breathing and Circulation Exercises:** to prevent respiratory and vascular complications such as chest infection and DVTs
- **Mobilisation:** assistance to move safely in bed, sit up, stand and walk
- **Mobility Aids:** prescription, advice and instruction on how to safely use a walking frame, or other walking aids as required
- **Discharge Planning:** information regarding any necessary equipment that you may require at home after discharge
- **Tailored Exercise:** exercises to build strength, endurance, coordination and balance

After Hospital

Following your discharge from the hospital, you can visit a clinic where a physiotherapist will continue to support your rehabilitation. Neurological physiotherapy treatment may include hands-on therapies, specific exercise prescription and a home exercise program. Some people with neurological conditions require additional support, high levels of care and specialized equipment – your physiotherapist can guide you and your family to the most appropriate services and organisations, so that you can receive the support you need."

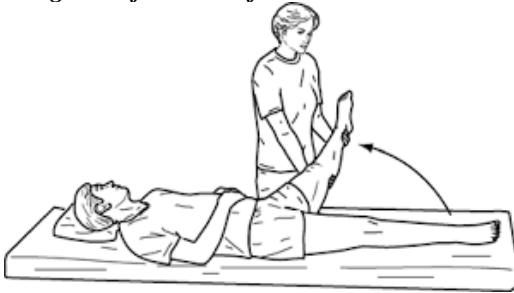
Text is retrieved from:

<https://activerhab.com.au/services/rehabilitation/neurological-physiotherapy>

2. Answer the questions:

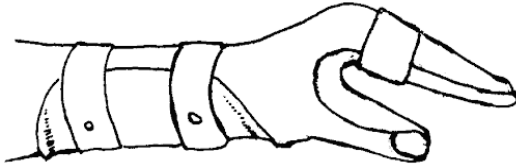
- What diseases are treated by the methods of neurological physiotherapy?
- What neurological disorders were mentioned in the text?
- Which diseases require emergency treatment?
- What methods of physiotherapy treatment may be used by a physician?
- What walking aids are mentioned in the text? Supply your own variants if you know some.
- Why should bed exercises be done?
- What therapy methods can be used at home after treatment at the hospital?

3. Study the pictures and define what type of exercises is shown. Name them using the information from the text:



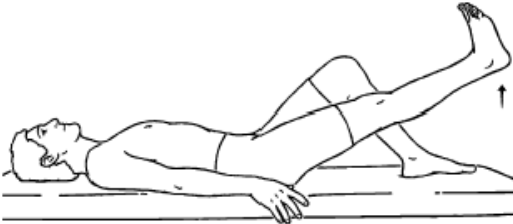
1.

https://www.healthinfotranslations.org/pdfDocs/PassiveLegROM_Som.pdf



2.

http://www.reveals.com/splinting_with%20reveal.htm



3.

https://www.healthinfotranslations.org/pdfDocs/PassiveLegROM_Som.pdf



4.

(4) <https://www.healthinfotranslations.org/pdfDocs/UsingWalker.pdf>



5.

(5) https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Exercises_after_Surgery.pdf

4. Read the vocabulary and guess what is the Unit about? Translate the words.

Ballistic stretching, contracture, cyclic stretching, duration, hypomobility, intensity, manual stretching, mechanical stretching, PNF stretching, self-stretching, static stretching.

5. Now look at the pictures from the SB: Career Paths, Physiotherapy. Book 2, Unit 10, p. 22–23. Discuss what is happening in each picture and how it relates to stretching.

6. Now you are going to learn about neurology and geriatrics. Supply as many words as you can for such unit vocabulary. Check your answers in SB: Career Paths, Physiotherapy. Book 3, Unit 11, p. 24.

7. Discuss the questions in SB: Career Paths, Physiotherapy. Book 3, Unit 11, p. 24.

8. Read the text (SB: Career Paths, Physiotherapy. Book 3, Unit 11, p. 24.) and focus on general understanding. Write out all unknown words. Ask your groupmates about their meanings otherwise use the dictionary.

9. Look at the pictures from the SB: Career Paths, Physiotherapy. Book 3, Unit 4, p. 10–11. What is happening in each picture? How does it relate to vascular and pulmonary disorders?

10. Unscramble the letters to write correct words and word combinations used in the Unit:

BDE XSSI EERCE

STOII GPNONI

ONVERSU TSMESY

KTSOER

IMRIATPNME

PLSGNITNI

WAIKLNG RMAEF

ZSZINESDI

MTULPIEL ISOSCESRL

SIEAPVS MIBL SXESCREIE

Unit 4. Spine disorders

Basic terminology

Match the words and the definitions:

compression	disabled or does not function properly
CPRS I	the state of being deprived of the power of physical sensation
CPRS II	a painful condition caused by inflammation of the exterior tendons of the elbow due to overuse of the lower arm muscles, also called lateral epicondylitis
impaired	the ulnar canal (tunnel) is a space at the wrist between hand flexors and ligaments in the palm through which the ulnar artery and ulnar nerve move through the hand
laceration	the end parts of your body, especially your hands and feet
numbness	next to or adjoining something else
Guyon's canal	Complex Pain Regional Syndrom I – a painful condition that is usually a result of a problem in the central nervous system or a peripheral system. Symptoms include changes in skin color over the affected region, burning pain, skin sensitivity, sweating, and swelling. CPRS is usually caused by tissue injury but no underlying nerve injury
Tennis elbow	any of several processes on the upper part of the vertebrate femur, to which muscles are attached
extremity	the act of pressing or squeezing to reduce the size of the volume
adjacent	Complex Pain Regional Syndrom II – a painful condition that includes all of the symptoms associated with CPRS I, though it is always caused by a nerve injury.
trochanter	a wound that results from tearing

1. Study the following suffixes and explain the following terms:

Pre- – before, in front of, **-itis** – inflammation, **latero-** – side, **de-** – lack of, **hyper-** – above, excessive; **antero-** – front

Tendinitis, bursitis, boutonniere deformity, trochanteric bursitis, lateral epicondylitis, medial epicondylitis, swan-neck deformity, prepatellar bursitis.

2. You are going to learn about nerve disorders. Discuss the questions in small groups and answer them:

What is the function of nerves in the body?

How can nerve disorders affect a patient's daily life?

What are the symptoms of nerve disorders?

How are nerve disorders diagnosed?

What is the difference between a nerve injury and a nerve disorder?

What type of nerve injury requires surgery?

3. Get ready to discuss the information given in the text: Career Paths, Physiotherapy. SB. Book 3, Unit 5, p. 12–13

4. Look at the picture in the book: Career Paths, Physiotherapy. SB. Book 3, Unit 6, p. 14–15. Name the conditions of the shoulder, arm, and hand.

5. Answer the questions about the disorders of the hip, leg, and foot (Career Paths, Physiotherapy. SB. Book 3, Unit 7, p. 16–17).

6. Unscramble the letters to write correct words and word combinations used in the Unit:

EXMRTEYTI

CDEJANAT

MLIDAE ICOETDISIPNYL

ANRRHCEOTT

EIRRODSD

JYUNIR

ELNAOITRAC

SBEMUNSN

RTEPRLPEALA BSTSRIIU

TUOINRNBOEE REIMFYTDO

7. Read the text and define the anatomical structure mentioned in the text:

Physical Therapy for _____ Conditions

Physical therapy can be an effective treatment for a range of _____ conditions. By increasing strength, endurance and flexibility, you can reduce pain and improve function.

The physical therapists at the OHSU _____ Center can tailor a program to meet your specific needs. When you're ready, they also help you transition to exercising on your own.

Treatment

Physical therapy includes passive treatments such as ultrasound, ice and hot packs, massage and manipulation (the therapist moving parts of your body). These can reduce pain in the short term, but research shows they are no more effective than placebos after that.

Active physical therapy, however, can reduce pain and improve function and quality of life in the long term. Your physical therapist measures your strength and how well your back or other body part can move. The therapist compares these with what healthy people your age and at ideal body weight can do.

Your therapist then designs an exercise program to increase your strength, flexibility and endurance. Research shows that improving these abilities in the back, hip and shoulder muscles reduces back pain over time. Depending on your condition and needs, therapy may include:

Strengthening exercises for your back, abdominal muscles and hips

Training in exercises (swimming, cycling, walking) that place less stress on your _____

Training in lifting correctly
Learning to manage pain
Pool therapy
Education and training about good posture
Improving your balance and learning to avoid falls
Endurance training

It might take several months before you notice less pain. By the time you're ready to begin exercising on your own, however, you are more likely to notice that your back pain is less frequent and severe.

As your pain decreases, you will probably notice an improvement in your ability to do daily activities such as walking, grocery shopping or yard work. If you're involved in sports, our athletic trainers can help with sport-specific strengthening and agility drills.

Conditions this treats:

Back and neck pain
Disc degeneration
Herniated disc
Kyphosis
Myelopathy
Radiculopathy
Sciatica
Spinal arthritis
Spinal fractures
Spinal stenosis
Spondylolisthesis
Spondylosis

<https://www.ohsu.edu/spine-center/physical-therapy-spine-conditions>

8. Put TRUE or FALSE for the statements:

- 1) Pain management is a part of physiotherapy treatment.
- 2) Age-related changes in spinal bones (vertebrae), cartilage and discs in any part of the spine can be treated by physiotherapy.
- 3) The patient may develop a rehabilitation treatment program himself after proper measurements.
- 4) Spinal conditions management includes only passive ways of treatment.
- 5) When spinal bones (vertebrae) become weak, collapse and break, physiotherapists may help.
- 6) After 3 months you may feel pain relief after starting specialized treatment.
- 7) Aquatic therapy is physical therapy that takes place in an aquatic environment under the supervision of a trained healthcare professional.
- 8) A herniated disk, which can occur in any part of the bowel, can irritate a nearby nerve.
- 9) Spinal stenosis is the widening of the spaces within the spine, which eventually results in pressure on it or nerve roots.

Unit 5. Pain

1. Find the definitions for the the words in the box

To stab, duration, hunger, to lean, to clench, to remain, fatigue, burning, exertion, fist, light-headedness, to press, weakness, to tear, to gnaw
--

- painful in a way that feels hot;
- to hold together tightly;
- the length of time that something continues;
- the use of a lot of mental or physical effort;
- very great tiredness;
- the hand when the fingers are curled in towards the palm;
- to move or bend your body in a particular direction;
- inability to think clearly or move steadily;
- to push smth firmly against something else
- to stay in the same place without moving away;
- to push a knife into someone or something;
- to damage something such as paper or cloth by pulling it too hard;
- lack of power;
- the feeling of weakness or discomfort that you get when you need something to eat.
- to press something firmly, especially from all sides in order to change its shape, reduce its size, or remove liquid from it;
- to bite or chew something repeatedly;

2. Which of the following are heart disorders:

Angina, pneumonia, tonsillitis, cardiomyopathy, myocardial infarction, ulcer, cor pulmonale, arrhythmia, insomnia, tachycardia, endocarditis, splenomegaly, otitis.

3. What do the patients complain of in case of a heart problem?

4. Study the chart describing cardiac pain. Do you agree that:

- every type of cardiac pain has its specific character;
- Nitroglycerin is a good remedy for cardiac pain in any case;
- when you feel pain in the heart you should try to change the position;
- cardiac pain always radiates to the shoulder or down the arm;
- cardiac pain is not always accompanied by nausea;
- cardiac pain always begins on exertion;
- cardiac pain is of various duration depending on its origin.

	Myocardial ischemic pain	Pericardial pain	Atypical chest pain	Pain from dissection of the aorta
Character	Pressing, squeezing, weight-like	Stabbing, burning, cutting	Stabbing or burning	Very severe, tearing
Nitroglycerin	Yes	No	No	
The patient feels better		Leaning forward, remaining still		
The pain increases		Coughing, swallowing, deep breathing, lying down		
Location	Central precordium			Center of the chest
Radiation	Neck, lower jaw, or either shoulder or arm (most commonly the left shoulder and left arm)			Back, neck
Accompanying conditions	Nausea or vomiting, sweating			
Onset	On exertion (in arteriosclerosis) sudden (in MI); at rest, nocturnal (in arterial spasms)			
Duration	Minutes	Hours or days	Several seconds or several hours or days	Recurr with the enlargement of the dissection

5. Read the text and fill in the gaps using the information from the chart:

CARDIAC PAIN

Major cardiac diseases have relatively few symptoms, including pain, dyspnea, weakness and fatigue, palpitations, light-headedness, presyncope, and syncope.

Cardiac pain can be categorized as ischemic, pericardial, or atypical.

Myocardial ischemic pain is usually described as __, __, or __. The pain is usually greatest in the __, the patient may place a clenched fist over the center of the sternum. The pain may frequently be felt in the __. Myocardial ischemic pain often induces __. Myocardial ischemic pain due to coronary arteriosclerosis is usually ___-related. However, the pain of acute myocardial infarction may occur __ when the patient is at rest. Pain due to arterial spasm tends to occur at rest or at __. Myocardial ischemic pain usually lasts for ___.

Pericardial pain, which is due to inflammation involving the pericardium, feels like __, __, or __ and is made worse by __, __, __, or __. It is less variable in character and position than myocardial ischemic pain. It is diminished by __ and ____. Pericardial pain can last for __. It is __ by nitroglycerin.

Atypical chest pain tends to be __ or __ and is often quite variable in position and intensity from one episode to another. It tends to be unrelated to physical exertion and unresponsive to __. Its duration may be measured in ___ or it persists over __. There is no objective evidence that it indicates serious heart disease, except when due to disease of the great vessels or to pulmonary embolism.

Pain from dissection of the aorta (or rarely the pulmonary artery) is usually __ and of a __ character. Pain usually begins with the start of dissection, followed by a quiescent period of hours or days, then recurs with extension of the dissection. It is __ in the chest, radiates to the ___ or __, and is unaffected by position.

(From The MERK MANUAL)

5. Choose the most suitable phrase to continue the statement:

1. The symptoms of the commonest heart diseases

- a) are numerous
- b) vary from case to case
- c) are not numerous

2. Myocardial ischemic pain ...

- a) occurs on pressing
- b) may be of a pressing character
- c) is variable in character but not pressing

3. Myocardial pain ...

- a) may cause nausea, vomiting, sweating
- b) may cause clenching of fists
- c) may be caused by clenching of fists

4. Pericardial pain ...

- a) is caused by burns
- b) gets worse on burning
- c) resembles pain from burns

5. The place of atypical chest pain ...

- a) changes during the attack
- b) is difficult to describe
- c) is different with every attack

6. Atypical chest pain ...

- a) changes in intensity on exertion
- b) is associated with exercise
- c) is not usually associated with exercise

7. Pain from dissection of the aorta ...

- a) may last hours and days
- b) begins some hours or days after dissection
- c) comes back some hours or days after dissection

8. Pain from dissection of the aorta...

- a) varies with the position of the patient
- b) is not changed by the position of the patient
- c) is diminished when the patient is lying on the back

6. Work in pairs. Discuss different types of cardiac pain.

Ask about:

- *the character of the pain*
- *the onset of the pain*
- *the place of pain*
- *the pain duration*
- *if nitroglycerin helps*
- *when the patient feels better*
- *where the pain radiates*
- *what conditions accompany the pain*

7. Where does the patient feel this kind of pain:

abdominal pain, cardiac pain, epigastric pain, generalized pain, ocular pain, pelvic pain, pericardial pain, periumbilical pain, substernal pain, suprapubic pain.

8. When does the patient feel this kind of pain:

dream pain, nocturnal pain, postoperative pain, postprandial pain.

9. Study the chart describing pain in different diseases. Describe the pains which patients may have.

E.g. In peptic ulcer the pain is felt in the epigastrium.

Words that can go with **pain**

Accentuate, aggravate, experience, feel, have, suffer from, induce, cause, increase, make worsen, reduce, relieve + **pain**

Pain + begin, come, develop, increase, go stronger, stop, disappear, persist, return, come back, subside

Disease	Character of pain	Location	Onset	Duration	Accompanying conditions	Relieving factors	Aggravating factors
Peptic ulcer	Gnawing, burning, hunger	Epigastrium				Food	
Appendicitis		Epigastric, Periumbilical	Sudden		Nausea, vomiting, low-grade fever		
Pancreatitis	Severe, steady	Abdominal	Sudden	Hours, days	Nausea, vomiting	Sitting up, leaning forward,	Cough, deep breathing
Angina pectoris	Severe, intense	Substernal, radiates to the shoulder and down the arm		A few minutes	Elevated blood pressure	Rest	Exertion, cold weather
Arthritis	Moderate to severe	Joint	Sudden		Swelling, warmth, restricted motion		

10. Match a combining form (A) and its meaning (B).

A) -megaly, -dynia, brady-, tachy-, algo, -sclerosis, -algia, uni-, bi-, tri-

B) slow, one, enlargement, two, rapid, hardening, pain, three

11. Analyze the words:

Arthralgia, gastralgia, cephalgia, cardiodynia, neuralgia, hyperalgia, nephralgia, neurodynia, odontodynia, otalgia, analgesia, algogenic, algospasm, bilateral, bicapsular, bidactyly, bilobular, unioocular, uninuclear, unilateral, uniseptal, trilateral.

12. Build medical words:

Enlargement of the heart, slow heartbeat, rapid heartbeat, hardening of arteries, inflammation of the endocardium, high pressure, pertaining to the myocardium.

13. What questions were asked to receive the answer?

- 1) It's burning pain.
- 2) It gets worse when I am coughing.
- 3) Just in the middle of the chest.
- 4) I also feel it in the neck and lower jaw.
- 5) I also feel sick
- 6) It appeared at night.
- 7) I was working in the garden when it came.
- 8) I feel better when I stay still.
- 9) It lasted only some minutes.
- 10) No, Nitroglycerin did not help.
- 11) No, it does not change when I change the position.
- 12) Since midnight.
- 13) No, it has not changed since then.
- 14) I don't think that I often have chest pain but it is not the first episode.

14. Work as a physiotherapist and a patient.

Your patient complains of pain in the heart, ask him about the pain.

15. Unscramble the letters to write correct words and word combinations used in the Unit:

COYLGRINIETNR

OSENT

FTGUIEA

SHAGEHEDDNILTSE

WNASKSEE

RNIXOTEE

MYLROCADAI CNIINAROFT

CYRCITAHADA

GNAIAN

AHYARHMITR

Basic terminology

Dissection – the act of dissecting

Dyspnea – shortness of breath, a subjective difficulty in breathing, usually associated with disease of the heart or lungs

Fatigue – the state, following a period of mental or bodily activity, characterized by a lessened capacity for work usually accompanied by a feeling of weariness, sleepiness, or irritability

Infarction – sudden insufficiency of arterial or venous blood supply due to emboli, thrombi, vascular torsion, or pressure that produces a macroscopic area of necrosis

Ischemia – local anemia due to mechanical obstruction (mainly arterial narrowing) of the blood supply

Ischemic – relating to or affected by ischemia

Palpitation – forcible or irregular pulsation of the heart, perceptible to the patient, usually with an increase in frequency or force, with or without irregularity in rhythm

Radiate – to spread out from a central point

Restrict – to limit the movements or actions of someone

Swelling – a raised, curved shape on the surface of your body that appears as a result of an injury or an illness

Syncope – loss of consciousness and postural tone caused by diminished cerebral blood flow

Unit 6. Dealing with pain
DESCRIBING PAIN

1. Get ready to describe the pain. First, answer the questions (Career Paths Medical: Book 3 Unit 5, p. 12–13)

Before you read the passage, talk about these questions.

1. What are some words to describe pain that is not strong? Pain that is very strong?
2. Why is it important for doctors to understand a patient's pain?

Reading

2. Read the pain assessment form. Is it true that:

1. The patient's pain began recently.
2. The patient's job is the cause of the pain.
3. The patient sits for several hours a day to relieve the pain.

Pain Assessment Form

Patient Name: Luke Carlton Age: 49

Form Completed By: Dr. Joe Wilson

1. What is the location of the pain? Lower back
2. According to the scale of 1–10, how does the patient rate the **intensity** of the pain? (Note: 1–2 = **mild** pain, 3–5 = **moderate** pain, 6–8 = **excruciating** pain, 9–10 = **unbearable** pain)
At best: 1 2 (3) 4 5 6 7 8 9 10
At worst: 1 2 3 4 5 6 7 (8) 9 10
Right now: 1 2 3 4 5 (6) 7 8 9 10
3. How often does the pain occur? Patient reports that the pain started out as **intermittent** several years ago. However, recently the pain became **constant**.
4. What is the nature/quality of the pain? (e.g. **burning, throbbing**, etc.). The patient reports constant throbbing throughout the day. In addition, when the patient stands up he feels a **sharp, shooting** pain travel up his back.
5. What causes the pain? The patient works as a mechanic. He says that he spends six to eight hours a day bent over cars.
6. What does the patient do to relieve the pain? The patient uses a heating pad for several hours each day. He also takes at least four aspirin pills a day.
7. Other comments: Patient was in some **distress** today when he came in. He says that the pain is negatively affecting his performance at work, as some days he is barely able to stand.

Vocabulary

3. Fill in the blanks with the correct words from the word bank

WORD BANK:

Constant, unbearable, intermittent, shooting, acute.

1. The pain in my foot is _____. It comes and goes throughout the day.
2. A(n)_____ pain starts and ends very quickly.
3. He screamed because the pain was absolutely _____.
4. The pain in her stomach was _____. It hurt from morning to night.

4. Read the sentence pair. Choose where the words best fit the blanks.

1. intensity / distress

- A. The woman's _____ was clear when she called an ambulance in a panic.
- B. The wound didn't hurt at first, but the _____ of the pain increased as time went on.

2. mild / excruciating

- A. I have a _____ headache, but otherwise I feel just fine.
- B. The pain was so _____ that she began to cry.

3. burning / sharp

- A. There's a _____ pain in my lower back. It feels like it's on fire.
- B. He felt a _____, sudden pain in his arm, but it quickly went away.

4. throbbing / moderate

- A. Is the pain _____ or does it hurt very badly?
- B. His toe was _____ after he hit it against the leg of the table.

5. Listen and read the pain assessment form again. What words are used to describe how often patients feel pain?

Listening

6. Listen to a conversation between a nurse and a patient (Career Paths Medical. SB. Book 3, Unit 5, p 13). Choose the correct answers for the questions.

1. What is this conversation mainly about?

- A. the woman's headaches
- B. the woman's knee problems
- C. the woman's pain after surgery
- D. the woman's pain treatment options

2. What will likely happen next?

- A. The man will get an ice pack.
- B. The woman will call the doctor.
- C. The woman will schedule her surgery.
- D. The doctor will look at the woman's knee.

7. Listen again and complete the conversation.

Patient: No, I'm having knee problems now. The pain is constant.

Nurse: How would you estimate the degree I _____ right now on a ten-point scale?

Patient: Right now, it's moderate. Like a three.

Nurse: And how does it feel 2 _____?

Patient: At worst it's excruciating. Especially after I exercise. I've had to 3 _____ a lot. I used to run every day.

Nurse: I see. That may be the 4 _____ knee troubles. Now, can you describe how it feels? Does it burn or throb?

Patient: Mostly the pain is 5 _____. Occasionally I get shooting pain.

Nurse: It 6 _____ your knee?

Patient: No, it extends down into my leg.

Speaking

8. With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

How would you rate ...

Right now, it's...

At worst/best, it's...

Student A: You are a nurse. Talk to Student B about:

- where he or she is hurting and the intensity of that pain
- the quality of his or her pain
- how he or she treats the pain

Student B: You are a patient. Talk to Student A about a problem you are having.

Writing

9. Use the conversation from Task 8 and the form to write notes on a patient's pain. Include the pain's location, intensity, and the patient's description of it.

10. Before working with the unit (Career Paths Physiotherapy. SB. Book 2. Unit 9, p. 20–21), study some abbreviations, used in it: ACL – anterior cruciate ligament; MCL – medial collateral ligament

11. Read about the soft tissue disorders and complete all the exercises (Career Paths Physiotherapy. SB. Book 3. Unit 1, p. 4–5).

12. Unscramble the letters to write correct words used in the Unit:

XUITGRICNACE

INGOOTSH

IRSTDSES

TSTONCNA

MNRETTNITTEI

GBNUNIR

RBOGNIBTH

NSTNETIY

BEUBLEARAN

PANI

Unit 7. Patient management

1. Learn about the patient management and clinical decision-making. Study the vocabulary. Look at the pictures; discuss what is in each picture and how it relates to the patient management (*Career Paths Physiotherapy. SB. Book 2 Unit 7, p. 16–17*).

2. Work with the following material to get ready discuss the positioning a patient for examination or treatment.

Put the instructions in the order they are said by a doctor.

- 1) Extend your legs.
- 2) If desired, you can raise your arms above the head.
- 3) Would you like to lie on the back please?
- 4) Take off your jacket please.
- 5) Good morning, Mrs. Morrison. I'm Jane Warwick.
- 6) Would you like to get onto the ciach please?

Match the following words with proper definitions:

abdomen	a surgical cloth or hanging that covers something
uterus	a sample of tissue, blood, urine, etc, taken for diagnostic examination or evaluation
drain	the part of your arm where the upper and lower halves of the arm are joined
drape	the part of your body below your chest where your stomach and intestines are
elbow	womb
specimen	a device, such as a tube, for insertion into a wound, incision, or bodily cavity to drain off pus, etc

3. Read the text and match the pictures after the text with different positions.

POSITIONING A PATIENT FOR EXAMINATION OR TREATMENT

Patients are put in special positions for examination, for treatment or test, and to obtain specimens. You should know the positions used, how to assist the patient, and how to adjust the drapes.

Horizontal Recumbent Position. Used for most physical examinations. The patient is on his back with legs extended. Arms may be above the head, alongside the body, or folded on the chest.

Dorsal Recumbent Position. The patient is on his back with knees flexed and soles of feet flat on the bed. Fold sheet once across the chest. Fold a second sheet crosswise over the thighs and legs so that the genital area is easily exposed.

Fowler's Position. Used to promote drainage or ease breathing. The headrest is adjusted to the desired height and the bed is raised slightly under the patient's knees.

Dorsal Lithotomy Position. Used for examination of pelvic organs. Similar to dorsal recumbent position, except that the patient's legs are well separated and thighs are acutely flexed. Feet are usually placed in stirrups. Fold sheet or bath blanket crosswise over thighs and legs so that the genital area is easily exposed. Keep the patient covered as much as possible.

Prone Position. Used to examine spine and back. The patient lies on the abdomen with his/her head turned to one side for comfort. Arms may be above the head or alongside the body. Cover with sheet or bath blanket.

Knee-Chest Position. Used for rectal and vaginal examinations and as a treatment to bring the uterus into normal position. The patient is on knees with chest resting on bed and elbows resting on bed or arms above head. The head is turned to one side. Thighs are straight and lower legs are flat on the bed.

https://brooksidepress.org/Products/Nursing_Fundamentals_II/lesson_1_Section_1.htm



Figure 1 _____



Figure 2 _____



Figure 3 _____

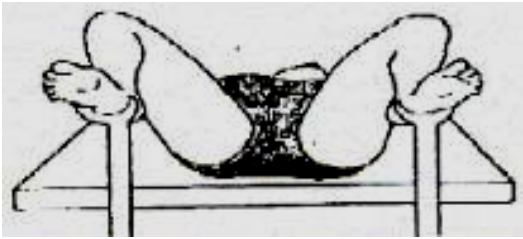


Figure 4 _____



Figure 5 _____



Figure 6 _____

https://brooksidepress.org/Products/Nursing_Fundamentals_II/lesson_1_Section_1.htm

4. Read the text again and say if you agree with the following statements:

- 1). The obstetrician can use the Knee-Chest position to examine the womb.
- 2). Patients are placed in various positions only during treatment.
- 3). The dorsal lithotomy position is applied to examine the organs of urinary system.
- 4). To help a patient to breathe, we put him in a Fowler's position.
- 5). The supine position shows the condition of the back.
- 6). A patient in the knee-chest position is usually covered with a drape.
- 7). The patient is placed horizontally on his belly in a recumbent position.

5. Give full answers to the questions:

- A. How many times should the cloth be folded while lying in the Dorsal Recumbent position?
- B. What is reason for putting the patients in various positions?
- C. What organs are examined when the patient is in the Prone's position?
- D. Do you know the positions for viewing sexual organs?
- E. What is purpose of the Fowler position?

**6. Try to get the following information in the given situation, asking the patients.
1) You talk with a patient. Ask him/her about the localization and character of the pain:**

E.g.: pains/trouble

Do any pains trouble you?

hurts/you

where/hurt

in what region/you/pain

you/pain/heart region

you/pain/stomach

you/pain/liver

you/ headache

you/ toothache

you/ earache

you/ substernal pain

you/ pains/ joints

you/ colics/ kidney

you/ colics/ stomach

pain/ severe

pain/ weak

pain/ gnawing

pain/spread

pain/localized

pain/unbearable

pain/radiate to the ear

pain/ subside/ after applying a hot water bottle

pain/ grow worse/after applying an ice-bag

2) Arrange the words in the proper order to make questions:

take your temperature did your?

your is temperature what?

had fever how long you have?

temperature constant is your?

the your is by rising temperature evening?

Your temperature is abruptly gradually or rising?

Your is accompanied fever by pains?

Does chill alternate with fever the?

Have you an did temperature of fall abrupt?

When normal did your become temperature?

3) Complete the sentences:

If you catch the grippe you are attended by a _____.

If your nerves are out of order you go to a _____.

If you have a toothache you consult a _____.

If something has got into your eye you go to see an _____.

If you have a sore throat you go to a _____.

If you have a bad pain in your abdomen you consult a _____.

If you have a heart attack you call a _____.

4) Finish the sentences. Choose the correct answer.

1. The doctor wanted...

a) the heart failure to develop frequently;

b) the patient to be followed up at the outpatient department.

2. The nurse made...

- a) the patient take bromide to control his sleeplessness;
- b) the heart be excluded from the blood circulation.

3. The surgeon ordered...

- a) the patient's wound to be bandaged immediately;
- b) the intensity of the inflammatory process to be reducing gradually.

7. Unscramble the letters to write the words used in the Unit:

TNTIAEP AMAEGTEMNN

EATIAOMXINN

DEAPR

NECEMISP

BMNDAEO

EOWLB

RDNAI

ETURUS

ARTEEUPTEMR

ADORLS UTCEMNEBR ONSOIIPT

Unit 8. Ergotherapy

Do you know anything about occupational therapy?

Who trains people with physical and mental problems to be more independent in everyday life?

Have you ever heard about the health care profession ‘ergotherapy’?

Which activities does occupational therapy involve?

Basic terminology

Supply the words with proper definitions:

1. ergotherapy	A. aim, purpose, objective
2.ergotherapist	B. treatment or rehabilitation of the disabled people with creative activity
3. occupational therapy	C. significant, relevant, important
4. creative	D. individuals with physical or mental conditions which limit their movements or various activities
5. meaningful	E. observation of a patient following the treatment, provided to control the therapeutic result of earlier therapy
6. rehabilitation	F. to evaluate something or somebody
7. disabled people	G. a health care field that treats a disease by physical work and recreation
8. purposeful	H. the length of time for which a human being or animal lives
9. follow-up	I. relating to the use of imagination or original ideas to develop something
10. assess	J. a specialist in ergotherapy
11. lifespan	K. restoring someone to health or normal life by treatment or special exercises
12. target	L. with a useful purpose

2. Read the text and underline any new information you haven't known before. Share the new knowledge with your groupmates.

Occupational therapy (OT) and ergotherapy are based on involving in meaningful activities of everyday life those people who have physical or mental problems. Such activities include self-care skills, work, education, social interaction, etc. Occupational therapy uses purposeful productive or creative activity to treat disabled (physically or emotionally) people aimed at supporting them in overcoming their problems caused by their disorders or malfunctions.

Occupational therapists encourage participation in daily activities (occupations) despite impairments or limitations in physical or mental functioning across the individual's lifespan. Occupational therapy provides either assessment at home or post-traumatic follow-up.

Ergotherapy (originates from Gr. ergon – work, therapeia – therapy) – is the health care field that treats a disease by physical effort. Ergotherapy uses physical activity and exercise to treat diseases and disabilities. Ergotherapists advise how to prevent common injuries. Experts in ergotherapy offer ways to organize a safer workplace, reducing the risk of being injured in it.

The care given by ergotherapist is targeted on the important task to enable independent participation of a person in daily activities, to prevent diseased conditions, and ensure his health and normal life.

A medical professional, practicing ergotherapy, is responsible for the assessment and treatment of a disabled person. A special feature of this aid is obligatory cooperation with the disabled person, his family, relatives, friends. Thus, occupational therapy is a patient-centered practice; the patient integrates the therapeutic process.

At first, ergotherapist evaluates the individual ability to perform daily routine activities, and physical, cognitive, and communication skills. He collects data about the physical and social environment of a person. The physical environment includes living, housing, working, etc. conditions. Friends, group- or classmates, co-workers make the social environment. Ergotherapist also communicates with other experts in rehabilitation to help the patient in restoring skills that allow him to be as much as possible independent in his everyday activities.

3. Now you can give the answers:

1. Do you know what occupational therapy is?
2. What do the daily meaningful activities of the OT patients include?
3. What kinds of activity are used in OT to help individuals to overcome various problems?
4. What is the origin and what is the meaning of the word ‘ergotherapy’?
5. What does the work of an ergotherapist include?
6. What kind of information does ergotherapist collect?
7. Which environments are assessed by ergotherapist?
8. Which conditions of physical environment do you know?

4. Match the words from two columns:

occupational	problems
emotional	people
meaningful	skills
social	activities
cognitive	therapist
physical	functioning
individual	ability
disabled	injury
common	environment

5. Review the unit vocabulary and find definitions for each word. According to the definitions put the proper part of speech before each vocabulary word (adj, n, v).

() <i>creative</i>	<i>significant, relevant, important</i>
() <i>target</i>	<i>the length of time for which a human being or animal lives</i>
() <i>rehabilitate</i>	<i>with physical or mental limits of their movements or activities</i>
(,) <i>occupational therapy</i>	<i>a specialist in ergotherapy</i>
() <i>disabled</i>	<i>treatment or rehabilitation of the disabled people with creative activity</i>
() <i>ergotherapist</i>	<i>a health care field that treats a disease by physical work and recreation</i>
() <i>purposeful</i>	<i>relating to the use of imagination or original ideas to develop something</i>
() <i>meaningful</i>	<i>aim, purpose, objective</i>
() <i>follow-up</i>	<i>to evaluate something or somebody</i>
() <i>lifespan</i>	<i>with a useful purpose</i>
() <i>ergotherapy</i>	<i>observation of a patient following treatment provided to control the therapeutic result of earlier therapy</i>
() <i>assess</i>	<i>to restore someone to health or normal life by treatment or special exercises</i>

6. Mark the following statements as true or false:

1. The main task of the ergotherapist is to help the friends and classmates of the patient to be independent.
2. Physical environment involves assessment, treatment, and cooperation with the patient.
3. At first, ergotherapist diagnoses the abilities of the person to complete the daily activities.
4. Daily activities of the person include recreation, rehabilitation, and assessment.

7. Describe the work of an ergotherapist.

8. Now let's discuss "actions". Answer the following questions.

- What types of motions do people perform when doing daily activities?
- How can an inability to perform these actions affect a person's life?
- What types of injuries may limit a person's range of motion?
- How can someone increase his/her range of motion after an injury?

9. Get ready to discuss problems that can be caused by some motions after an injury in history (Career Paths, Physiotherapy. SB. Book 2. Unit 3, p. 8–9). Use the given verbs which meanings are actions:

- Bend, grasp, kneel, lift, push, reach, roll, squat, stand, stoop, turn, twist.

10. Try to describe various motor tasks (Career Paths, Physiotherapy. SB. Book 2. Unit 4, p. 10–11)

11. In each set of words one word or expression is the odd one out, different from the others.

Find the word or expression that is different, explain your choice, and cross the odd out.

For example:

Meaningful, ~~follow-up~~, disabled, emotional
(all the words are adjectives except **follow-up** which is a noun).

occupational therapy, ergotherapy, rehabilitation course, lifespan
occupational, creative, purposeful, target
self-care skills, work, social interaction, ergotherapist
rehabilitate, therapy, ergotherapist, lifespan
recreation, rehabilitation, assessment, disabled people

12. Match the half-sentences in the left column with the half-sentences in the right column to make correct sentences.

Example:

1 C Meaningful activities of everyday life include self-care skills, work, education, social interaction.

1. Meaningful activities of everyday life	A. stimulates the patient's participation in daily activities
2. Occupational therapist	B. assessment at home and post-traumatic follow-up of the disabled person
3. Some people have physical or mental problems	C. include self-care skills, work, education, social interaction
4. OT and ergotherapy use	D. for the proper assessment and treatment of a patient
5. The medical aid of ergotherapist must include	E. the physical environment
6. Ergotherapist is responsible	F. involving the disabled people in meaningful activities of everyday life
7. Occupational therapy supposes	G. cooperation with the disabled person, his family, relatives, friends
8. The conditions of living, housing, working are considered as	H. due to their disorders of malfunctions

13. Unscramble the letters to write the words and word combinations used in the Unit :

ETAIINLHROTBIA

OTILUOCPACAN AETHRPY

AESILBDD PLPOEE

RHSATGOTERIEP

TGTERA

LAFNUNIMGE

UOWPOFLL

NSAELFIP

DNEB

ARSPG

Unit 9. Massage
Basic terminology

Match the terms and definitions:

vernacular	to lengthen
manual	the arrangement of a group of objects along a line
stretching	the process of making a fixed part movable
trigger	the act of rubbing
effleurage	relating to the fascia surrounding and separating muscle tissue
friction	related to sacrum and skull
backbone	stroking movement in massage
myofascial	spine
mobilization	using plain, everyday language.
craniosacral	systematic therapeutic stroking or kneading of the body
coccyx	of or relating to the hands
massage	something that initiates or stimulates an action
alignment	the small bone at the end of the vertebral column in humans, formed by the fusion of four rudimentary vertebrae

Have you ever got massage?

How did you feel?

What did you get it for?

Have you ever been treated with massage?

What kind of problem did you have?

For what reason is massage typically done?

1. Read the text and fill the gaps with the proper type of physical therapy discussed:

- pulmonary
- orthopedic
- manual
- aquatic
- pediatric
- cardiac

Treatment methods: _____ therapy

Physical therapists use their hands to work, called “_____ therapy” in PT vernacular. _____ therapy includes techniques for stretching, strengthening, and reducing pain. Physical therapists may use massage as a _____ technique for reduction of pain. Techniques include effleurage, a massage technique from Sweden in which broad strokes are used to increase circulation throughout the body; acupressure, which identifies trigger points through deep pressure; and friction massage, quick, brisk movements in the direction of opposite fibers' alignment to interrupt neuronal pain signals and increase circulation. Depending on the type of injury, a therapist may choose

effleurage to relax tense musculature throughout the body, trigger point massage to release a specific tight muscle (the trapezius, for example, is often tight due to poor posture), or friction massage for an injury like a sprained ankle, in which specific massage at the site of pain can complement rest, ice and elevation.

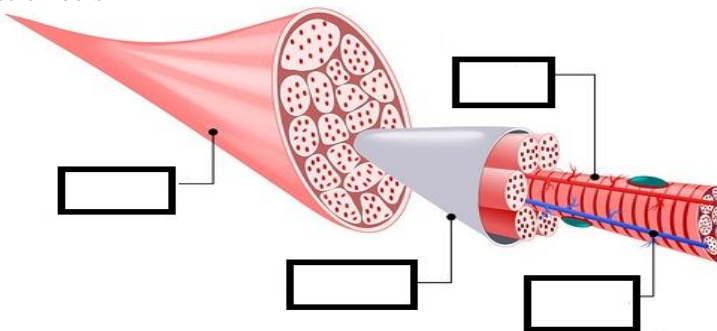
Physical therapists also perform mobilization techniques, a method by which tissue is moved to reduce pain. There are four grades of mobilization (1-4) from most gentle to more forceful pressure. PTs also perform the myofascial treatment (moving the fascia of the body to reduce pain) without instruments, only hands. Myofascial treatment has been proven to be very effective with chronic pain patients. Craniosacral therapy is another type of _____ treatment in which the cranium (the skull) and the sacrum (the portion of the backbone between the coccyx and the low back) are mobilized and massaged to relieve pain. Craniosacral therapy is effective in the reduction of migraine headaches, arthritic pain, and many types of chronic pain.

All physical therapists can do _____ therapy and are schooled in different techniques of massage and mobilization (moving soft tissue and bones manually). However, some physical therapists find career tracks that take them away from direct contact with the patient. Physical therapists who become teachers and administrators will be less adept at manual therapy techniques because of a lack of daily practice than those who evaluate and treat patients for a living. Some physical therapists become famous because of the effectiveness of their _____ skills.

2. Write out all anatomical structures from the text above:

3. Look at the picture and locate the following structures:

- fascia
- muscle
- blood vessels
- muscle fibers



Retrieved from: <https://deepercovery.com/understanding-fascia/>

4. Read the statements and choose the correct option:

- 1) Manual therapy uses methods of **pain decrease / pain increase**
- 2) Swedish massage technique affects the work of **cardiovascular system / urinary system**
- 3) Effleurage is used **to relax muscles / to decrease weight** in the patient's body
- 4) Sacrum is located in the **lower / upper** part of the trunk.
- 5) Myofascial treatment means **treatment of face / treatment of some connective tissue.**
- 6) Manual skills take **first place / secondary place** in the successful career of PT.
- 7) Friction massage can combine relaxation, cold and elevation **at the place of injury / all over the body.**
- 8) Acupressure is a type of massage therapy using **finger pressure / palm pressure** on the bodily sites.

5. Study the combining forms and analyze the medical terms:

sacro – sacrum, spino- – spine, cranio- – skull, histo- – tissue, neuro - – nerve
spinal, histology, craniosacral, cranial, sacro-iliac, sacrococcygeal, spinocortical, sacroanterior, neurobiology, neurocyte, histologist, spinocerebellar.

6. Work in pairs. Read the case histories and ask questions to fill in the form below:

1) The patient is a 63-year-old female with a diagnosis of frozen shoulder, who is referred to an outpatient physical therapy clinic by an orthopedic surgeon. She reports that her symptoms began approximately 4 months ago for no apparent reason. The patient is right-handed and complains of right shoulder pain and stiffness, which have become progressively worse over the past several months.

2) Mrs. B is a 75-year-old woman with severe bicompartamental knee osteoarthritis (OA). She visits an outpatient physical therapy clinic 3 weeks following left cemented posterior cruciate ligament (PCL)-sparing total knee arthroplasty (TKA). A paramedian incision was used.

3) Mrs. D is a 68-year-old woman who has been referred to physical therapy with reports of the onset of vertigo 2 weeks ago when she got out of bed and the world spun for about 10 seconds. Her current complaints include vertigo, nausea, vomiting, and imbalance. Her last episode of vertigo occurred this morning when she got out of bed.

From the website: (<https://www.ptnow.org/clinicalcases>)

7. Analyze the chart below and try to identify which characteristics are important in describing pain:

Welcome to the Chiropractic office of
Dr. Janis Kling, D.C.

Your health and well-being is our most important concern. We hope you will feel comfortable asking questions regarding your treatment, rehab program, and our commitment to you. We thank you for your trust and confidence and will do all within our ability to assist you in your recovery

Office use only Chart: Patient type: Patient payment code: Copay/cash payment:
--

Today's Date: _____

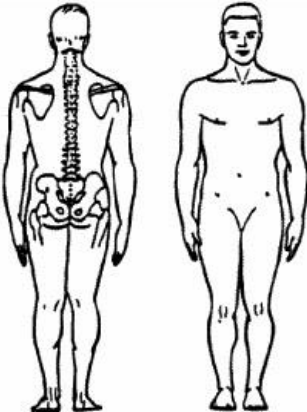
Patient History

Name: _____	Address: _____
Birthdate: _____ Age: _____	City: _____ State: _____ Zip: _____
Social Sec #: _____	Home Phone: _____ Work Phone: _____
Business/Employer: _____	Type of Work: _____
Check one: <input type="checkbox"/> married <input type="checkbox"/> single <input type="checkbox"/> widowed <input type="checkbox"/> divorced <input type="checkbox"/> separated	

Who is responsible for payment? _____ Do you have health/chiropractic insurance? _____
If you have insurance, please make sure we have a copy of your insurance card and an insurance authorization form signed by you. If we do not have this, you will need to pay us directly and file your own insurance.

Is your pain/injury a result of an: (please circle one)
Auto accident Personal injury On the job injury Illness Other
Please tell us who referred you to our office so we may thank them: _____

If you are in pain, please mark the exact location of your pain on the diagram below. Also describe the type and frequency of your pain, as well as any activity or movement which brings on or aggravates the pain. For example: dull, sharp constant, on & off, when standing, when sitting, etc., etc.



Please describe your MAJOR COMPLAINT:

Please rate your pain on a scale of 1 to 10. ("1" is the least degree of pain, "10" the most extreme pain)

1	2	3	4	5	6	7	8	9	10
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Retrieved from: <https://www.caredash.com/doctors/janis-kling-dc-santa-barbara-ca>

8. Read about the structure and activity of muscles (Career Paths, Physiotherapy. SB. Book 1. Unit 6, p. 14–15). Which are the verbs to describe muscular activity?

9. Find the information to classify the muscles into three types (Career Paths, Physiotherapy. SB. Book 1. Unit 7, p. 16–17).

10. Study anatomical locations and describe them using the pictures given below (Career Paths, Physiotherapy. SB. Book 1. Unit 10, p. 22–23).

11. Unscramble the letters to write correct words and word combinations used in the Unit:

NSCAACOLRARI

SMESAGA

FFGEELEARU

IAMOTLZBIOIN INQUEHCTE

LUMNAA THRPEYA

LOODB EESSLV

SMULEC IFBER

FSCLOMYAAI AERMNTTTE

NIOICFRT

SESACRPEUUR

Unit 10. Rehabilitation and strengthening exercises

Basic terminology

Match the terms and definitions:

aerobic	the act, quality, or power of withstanding hardship or stress
anaerobic	a child in the earliest period of life, especially before he or she can walk
vigorous	either one of a pair of spongy saclike respiratory organs within the thorax of higher vertebrates, which oxygenate the blood and remove its carbon dioxide
circulation	myocardial infarction
endurance	the rate of incidence of a disease
recovery	living or occurring in the absence of free oxygen
infant	a mass of a muscle
augment	increased body weight caused by excessive accumulation of fat
heart attack	movement or passage through a system of vessels, as of water through pipes; flow
lung	a disease characterized by a decrease in bone mass and density, resulting in a predisposition to fractures
muscle bulk	to make (something already developed) greater, as in size, extent, or quantity
morbidity	any of the filaments constituting the extracellular matrix of connective tissue
fiber	a return to a normal or healthy condition
obesity	living or occurring only in the presence of free oxygen
osteoporosis	forceful; effective

Do you exercise regularly? Where do you usually exercise?

How do you think why physical exercise is so important for health?

How much exercise do you need to gain the benefits?

1. Study the combining forms: a (an) – without, aero – air.

Analyze the terms:

anaphylaxis, aerobic, anatomy, aerodynamics, anaerobic, apnea, antibiotic, aerophilia, asymptomatic, anoxia, analgesia.

2. Read the text below and mark the differences between the types of exercises.

Treatment with physiotherapy: Exercise

Physical therapists must promote the power of exercise, both aerobic and anaerobic. Aerobic exercise (riding a bike for 15 minutes or more, vigorous walking for 30 minutes, running for 10 minutes, swimming) increases circulation to the heart, improves lung capacity, and increases endurance for greater periods of exercise. An individual recovering from a heart attack or stroke with the proper precautions will benefit greatly from aerobic exercise as improved circulation,

cardiovascular health and aerobic endurance have been proven to protect against future heart attacks or strokes. Aerobic exercise is beneficial to all ages and for many illnesses. (Currently, there is an obesity epidemic among America's children and aerobic exercise is directly linked to a healthy weight in children).

Anaerobic exercise is an exercise of shorter duration where the emphasis is on force output versus sustained activity. Examples of anaerobic exercise would be a bench press of fewer than three repetitions, jumping from a standing position in basketball, or a wrestler pinning an opponent down in less than three minutes. Anaerobic exercise challenges muscles to their ultimate force output and stretches fibers to increase muscle bulk. Physical therapists use anaerobic exercise to increase muscle strength in patients who are weakened through many different illnesses and injuries.

Physical therapists “prescribe” exercise for infants, children, young and older adults, and those considered to be very old (85 and up). Public health experts today are calling on physical therapists for advice and consultation on all types of morbidity epidemics such as childhood obesity, cardiovascular disease, and osteoporosis, so in many cases, physical therapists can augment clinical practice (clinical practice is defined as the evaluation and treatment of patients in need of physical therapy services) with a private consultation to companies, nonprofit organizations or schools. Aside from knowing how much and what kind of exercise to prescribe, physical therapists should also know all contraindications (when NOT to prescribe) exercise.

3. Answer the questions using the information from the text:

- a) What is the task of physiotherapists?
- b) What aerobic exercises are mentioned in the text? (give 3 more examples except those from the text)
- c) What is the age of the patients to whom the exercises are recommended?
- d) Can you trace any distinctions between aerobic and anaerobic exercises?
- e) What is necessary to administer exercises properly?
- f) What anaerobic exercises are mentioned in the text? (give 3 more examples except those from the text)
- g) Why do public health experts consult PTs?

4. Fill in the gaps with the words from the box. If necessary, put the verbs into proper tense:

circulation, treatment, to prescribe, duration, obesity, to contraindicate, to advise

- a) The application of medicines, surgery, therapy, etc., in treating a disease or disorder is called
- b) ... has become a major health problem in the United States.
- c) Your eye doctor might the procedure if your abnormal blood vessels cluster tightly together.

- d) For the test a patient will walk on a treadmill so his doctor can monitor blood during exercise.
- e) The doctor the type of medication to treat asthma symptoms which depends on the severity of your asthma.
- f) I am scheduled for scope surgery for a torn meniscus on my knee and what is the for recovery?
- g) Contact lenses are in very dusty, dry, and smoky atmospheres.

5. Find the opposites for the following words in the text:

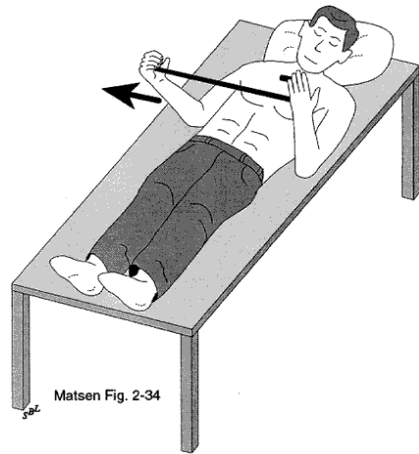
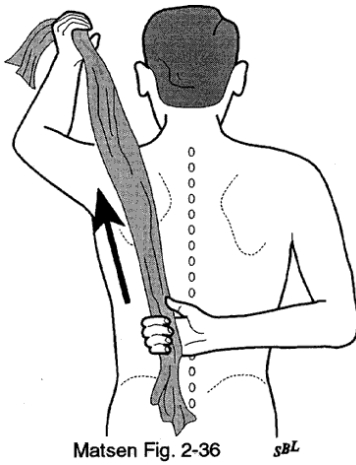
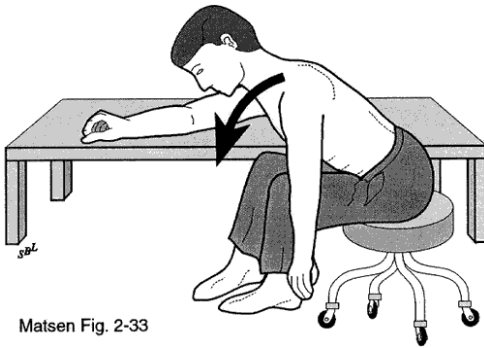
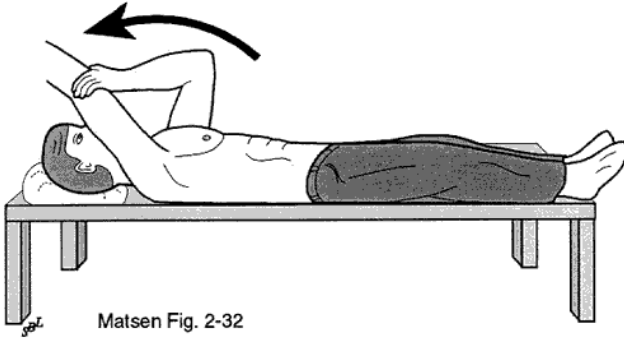
- adult –
- strengthen –
- social –
- aerobic –
- longer –
- input –
- leanness –
- illness –
- young –
- unchanging –
- contract –

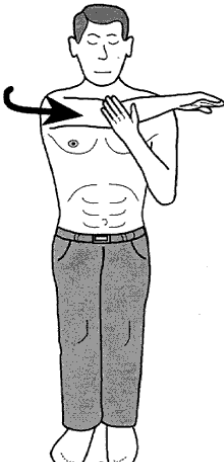
6. Read the statements and choose the correct option:

- a) **Aerobic / anaerobic** exercise is sometimes known as "cardio" – exercise that requires pumping of oxygenated blood by the heart to deliver oxygen to working muscles.
- b) **Aerobic / anaerobic** ("without oxygen") exercise is an activity that causes you to be quickly out of breath, like sprinting or lifting a heavyweight.
- c) **Aerobic / anaerobic** exercise stimulates the heart rate and breathing rate to increase in a way that can be sustained for the exercise session.
- d) Examples of **aerobic / anaerobic** exercises include cardio machines, spinning, running, swimming, walking, hiking, aerobics classes, dancing.
- e) **Aerobic / anaerobic** exercises can become **aerobic / anaerobic** exercises if performed at a level of intensity that is too high.

7. Stiff (frozen) shoulders can be managed successfully by a simple exercise program conducted by the patient in the home. Put the orders for stretching exercises for a patient into proper places for each picture:

- a) Get the arm up while you are lying down
- b) Get the arm to externally rotate while lying down.
- c) Get the arm up overhead while sitting down.
- d) Get the arm across the body.
- e) Get the arm to externally rotate while standing.
- f) Get the arm up the back.





Matsen Fig. 2-37



Matsen Fig. 2-35



Pictures from: <http://www.orthop.washington.edu/?q=patient-care/articles/shoulder/home-exercises-for-the-stiff-or-frozen-shoulder.html>

8. Get ready to describe the use of resistance exercises (Career Paths, Physiotherapy. SB. Book 1, Unit 12, p. 26–27)

9. Can you find necessary information to specify full-arc and short-arc exercises? (Career Paths, Physiotherapy. SB. Book 1, Unit 13, p. 28–29).

10. Read the following and describe some special concerns of diabetics and hypertensive clients starting an exercise program (Career Paths, Fitness. SB. Book 3, Unit 5, p. 12–13)

11. Fill in the gaps using the words from the box

develop	monitor	obese	diabetes	follow	blisters
---------	---------	-------	----------	--------	----------

Individuals with _____ must be especially cautious when starting an exercise program. People with both type 1 and type 2 diabetes must _____ blood sugar levels during and following exercise. They should _____ careful guidelines to avoid hyperglycemic and hypoglycemic events. People with type 2 diabetes are often _____. This can be a challenge, too. Small injuries, such as _____ and microtrauma to skin are more dangerous for diabetics. They can _____ into serious infections.

12. Which exercises can be recommended in chronic conditions? (Career Paths, Fitness. SB. Book 3, Unit 6, p. 14–15)

13. What are some benefits of exercises in chronic conditions? (Career Paths, Fitness. SB. Book 3, Unit 7, p. 16–17).

14. Unscramble the letters to write correct words and word combinations used in the Unit:

CRAIBEO EREICSXE

RCOIBAENA

EERVOCRY

ISOETOPOSOR

ELSCMU KLUB

EANPA

CCIAORLNTIU

IENARSTESC XRICESSEE

RLAFUCL EERCSIXS

CREXESEI PAGMRRO

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multiple sclerosis (3)
muscle bulk (10)
muscle fiber (9)
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myofascial (9)
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nitroglycerin (5)
numbness (4, 5)
obesity (10)
onset (5)
occupational therapy (8)
osteoporosis (10)
pain (6)
pain assessment form (6)
palpitation (5)
passive limb exercise (3)
patient management (7)
physical therapist (1)
plan of care (7)
positioning (3)

prepatellar bursitis (4)
prognosis (7)
purposeful (8)
pursue (2)
recovery (10)
reexamination (7)
referral (7)
rehabilitation (8)
resistance exercises (10)
routine (2)
sample of tissue, blood, urine, etc. (7)
sharp pain (6)
shooting pain (6)
spinal cord (1)
specimen (7)
splinting (3)
strength (1)
stretching (2, 9)
stroke (3)
syncope (5)
tachycardia (5)
target (8)
temperature (7)
tennis elbow (4)
throbbing pain (6)
TIA (3)
time frame (2)
treatment (1)
trigger (9)
trochanter (4)
ultrasound technique (1)
unbearable pain (6)
uterus (7)
vernacular (9)
vigorous (10)
walking frame (3)
weakness (5)

*_ Unit number in brackets, e.g. (6).

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Навчальне видання

**Методичні вказівки
до занять з дисципліни
«Іноземна мова за професійним спрямуванням»
для студентів магістратури фаху
«Фізична терапія, ерготерапія»**

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