

Markéta Blažejová, James J. Tufano

Angličtina pro fyzioterapeuty

Cvičení a testy



Poděkování

Velký dík patří Mgr. Michaela Karpíškové za pročtení celé cvičebnice, za odbornou jazykovou spolupráci i nadšení, kterým provázela vznik této knihy.

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PhDr. Markéta Blažejová, James J. Tufano, PhD

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Autoři:

PhDr. Markéta Blažejová
James J. Tufano, PhD

Recenze:

Mgr. Helena Gogelová

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O autorech

PhDr. Markéta Blažejová složila rigorózní zkoušku na katedře germanistiky Filozofické fakulty UK v Praze. Je lektorkou angličtiny, němčiny a češtiny pro cizince na katedře jazyků Fakulty tělesné výchovy a sportu Univerzity Karlovy v Praze, např. pro obor fyzioterapie. Dříve učila na 1. lékařské fakultě UK v Praze, na Fakultě biomedicínského inženýrství ČVUT v Kladně, na Vyšší odborné škole zdravotnické v Praze i na jiných školách. Tematikou zdraví, anatomii, fyziologií i různými terapeutickými postupy se zabývala řadu let při tlumočení a překládání. Byla vedoucí mezinárodního autorského týmu při práci na *Německo-českém slovníku frazeologismů* (nakl. C. H. Beck, 2010). Tento slovník patří k největším dvojjazyčným frazeologickým slovníkům vůbec, byl oceněn jako nejlepší slovník roku v ČR a SR.

Další informace: www.blazejova.net

James J. Tufano, PhD, completed his BS at the University of Houston Clear Lake and his MS at California State University Fullerton before completing his PhD at Edith Cowan University in Perth, Australia. Currently, he is an Assistant Professor at the Faculty of Physical Education and Sport, Charles University, in Prague, the Czech Republic, where he also works as an academic writing instructor within the Department of Languages at the Czech Academy of Sciences. In addition to teaching and writing, Dr. Tufano also enjoys supervising his students during their research endeavors, which range from physiotherapy and rehabilitation to high-performance sport and strength training in the elderly.

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Úvod

Cílem předkládané publikace je poskytnout studentům fyzioterapie, fyzioterapeutům, rehabilitačním lékařům i profesionálům jiných nelékařských oborů další studijní materiál k upevnění a rozšíření jazykových dovedností, které získávají na základě studia učebnice Heleny Gogelové *Angličtina pro fyzioterapeuty* (vyd. Praha: Grada Publishing, 2011, 320 s.).

Autoři si velmi váží vpravdě pionýrského autorského počinu Gogelové v oblasti učebnic angličtiny pro obor fyzioterapie. Předkládaná cvičebnice vznikla na základě používání učebnice Gogelové v praxi při výuce angličtiny pro studenty fyzioterapie: dále rozšiřuje škálu cvičení v učebnici Gogelové, v některých kapitolách rovněž poskytuje uživatelům formou otázek či návrhů k rozhovorům materiál k hlubšímu zamýšlení nad významem uvedených fyzioterapeutických postupů, nad rolí fyzioterapeuta obecně apod. Snahou autorů je uvést především jazykovou slovní zásobu i obsah učebnice Gogelové v nejrůznějších minikontextech a z dalších úhlů pohledu tak, aby se zvýšila efektivita a úspěšnost jejich osvojování při studiu i správnost následného aktivního používání dané slovní zásoby v praxi.

Cvičebnice v podstatě zachovává obsahové členění Gogelové, pouze závěrečné kapitoly sdružuje do větších celků a kapitola čtvrtá je pro značný rozsah rozčleněna na tři části. Každá kapitola obsahuje na konci klíč s řešením. Základní cíle a doporučení uvedené v knize Gogelové autoři cvičebnice sdílejí.

Unit 1 – Physiotherapy, also Physical Therapy (relating to Gogelová p. 19–36)

1. Fill in an appropriate word. In some sentences, the beginning of the word is given.

Example: He went to a hospital to under..... knee surgery.

Answer: undergo

- 1.1. Physiotherapists, occupational therapists, optometrists, pharmacist assistants, radiation therapists, speech-language therapists etc. are a..... health professionals.
- 1.2. The patient was ref..... to the physiatrist.
- 1.3. Don't overex..... yourself while exercising.
- 1.4. The hospital dis..... the patient.
- 1.5. The pinch-and-grip tests began one week after the surgery and were repeated each week until the patient re..... normal or better than normal strength.
- 1.6. Dr. Scott or..... an MRI to confirm the injury and see how serious it really was.
- 1.7. Visual dist..... are most commonly associated with migraine headaches. These symptoms can also be related to local eye con....., such as glaucoma, which can produce a halo effect around objects.
- 1.8. Two patients were referred for surgical interv
- 1.9. The symptoms resol..... themselves spontaneously.
- 1.10. In general, thyroid cancers do not res well to chemotherapy.

- 1.11. A sur..... procedure is a medical procedure involving an incision with instruments.
- 1.12. N..... electrical stimulation (NMES) is a non-invasive, non-addictive means of muscle rehabilitation after injury, surgery, or disease. Patients with a wide range of orthopaedic and neurologic diagnoses can ben..... from it.
- 2. If the following words are synonyms (i.e. meaning more or less the same), put down “S”. If they are antonyms (i.e. meaning the opposite), put down “A”.**
- Example:** to be admitted to a hospital – to be taken to a hospital
Answer: S
- 2.1. Physician – medical doctor
- 2.2. To tighten something – to release something
- 2.3. His health is restored. – He regenerated.
- 2.4. To produce something – to generate something
- 2.5. To ask – to respond
- 2.6. To make progress – to get worse
- 2.7. To follow (the exercise programme/program) – to give up (the exercise programme/program)
- 2.8. Joint replacement – arthroplasty
- 2.9. Physiatrist – rehabilitation physician
- 2.10. Congenital disease – acquired disease
- 3. Underline and correct the mistake in each sentence (in each sentence, there is only 1 mistake, either a logical one or an inconsistent usage of language).**

Example: The training is organising by the employer and takes place within the workplace

Answer: organised

- 3.1. Jane could either bend forward nor straighten herself up.
- 3.2. Physiotherapists try to brought the patients into an active role.
- 3.3. Inpatients are people with health problems who visit the hospital for diagnosis or treatment, but do not require a bed or to be admitted for overnight care.
- 3.4. To qualify in a state-registered physiotherapist, you will need an NHS-approved physiotherapy degree.
- 3.5. Core skills used by physiotherapists include manual therapy, therapeutic exercise, and the apply of physical therapy modalities.
- 3.6. Physiotherapists shouldn't build up a rapport with their clients.
- 3.7. Physiotherapists must be able to give advice over exercises and posture.
- 3.8. Physiotherapy clinics is often private practice facilities.

4. Identify the activities normally performed (using YES) or not performed (using NO) by physiotherapists.

Example: treating a range of conditions, including cleft palate, stammering, language delay, and voice disorders

Answer: NO

- 4.1. helping patients recover from an accident, illness, or injury
- 4.2. being responsible for the comprehensive management of trauma victims and critically ill patients
- 4.3. organising physical exercise sessions
- 4.4. providing massages

- 4.5. supervising specialist therapies such as hydrotherapy, electrotherapy, and aromatherapy
- 4.6. diagnosing and providing the preoperative, operative, and post-operative care to patients
- 4.7. providing surgical care for coronary artery disease in addition to treating cancers of the lung, oesophagus, and chest wall
- 4.8. collecting statistics
- 4.9. writing reports
- 4.10. liaising with professionals such as doctors and nurses
- 4.11. providing education and advice about exercise and movement
- 4.12. treating babies, children, and adults who have various levels of speech, language, and communication problems, or difficulties in swallowing, drinking, or eating.
- 4.13. keeping up to date with the latest advancements in the profession

5. Transform the sentences using the words in brackets without changing the meaning of the provided sentence:

Example: He often went there. (used)

Answer: He used to go there. *or* He often used to go there.

- 5.1. My GP referred me for tests. (referral, given)
- 5.2. He was operated on lungs. (pulmonary, surgery)
- 5.3. Occupational therapists look at work habits to prevent physical problems such as repetitive strain injury. (deal, with)
- 5.4. The patient was able to care for himself again. (regained, his self-care, ability)
- 5.5. The meniscal injury is caused by either traction or compression force. (cause)
- 5.6. The formation of osteophytes at articular surfaces is typical of osteoarthritis. (characterized)

- 5.7. In the beginning the physician performed an assessment of the patient. (initial)
- 5.8. Lower back pain needs to be seen by a doctor as if it is left untreated, it can cause permanent nerve damage. (because, result, in)

6. Translate into English using the words in brackets where applicable:

- 6.1. Paul má strach o její zdraví.
- 6.2. Na co zemřel?
- 6.3. Ukázalo se, že jeho porucha sluchu je nevratná. (proved)
- 6.4. Tento postup se používá u pacientů ohrožených plicní embolií. (risk, at, in)
- 6.5. Tento pacient se učí chodit s podpůrnými pomůckami. (devices)
- 6.6. Návlek hlubokého dýchání může podpořit rozšiřování hrudníku u pacientů s Parkinsonovou chorobou. (exercise)
- 6.7. Tento článek je rozšířením toho, který napsal minulý rok. (expands)
- 6.8. U něj nebylo možné zachovat úplný rozsah hybnosti kloubů. (range, motion)
- 6.9. Horko se používá pro uvolnění hypertonických svalů (svalů příliš napjatých). (tense)

7. Fill in the missing letters:

Example: R..TURE

Answer: RUPTURE

- 7.1. RE....LITATION P...CIAN
- 7.2. ANAE..HESIOLO....
- 7.3. ..OSTHETIST AND ..THOTIST

- 7.4. OB.TETRI...N
- 7.5. ...ERGIST
- 7.6. MIDWL..
- 7.7. OR...PAEDIST
- 7.8. ...CHIATRL..
- 7.9. ..NAECOLOG...
- 7.10. MA...GE ...RAPIST
- 7.11. ...GEON
- 7.12. .HIRO.RACTOR
- 7.13. HE..TH CA.. ASSI.....
- 7.14. PA..MEDIC
- 7.15. P..RMACIST
- 7.16. RA...LOGIST
- 7.17. ..RTER

8. Answer the following questions:

- 8.1. What do physiotherapists do for patients in intensive care units?
- 8.2. Are they allowed to treat patients with cardiopulmonary disorders?
- 8.3. How can they help in women's health departments?
- 8.4. What is their main role with neurology patients?
- 8.5. What is their role in orthopaedics and trauma?
- 8.6. How are they capable of helping patients with mental illnesses?
- 8.7. What should they look at in occupational health conditions?
- 8.8. Can they benefit terminally ill people?
- 8.9. In what respect are they good in paediatrics?
- 8.10. Other than the patients themselves, who else can benefit from physiotherapists' help?
- 8.11. How can they be active in the area of education and health promotion?

- 8.12. In what way can physiotherapists their skills and knowledge in sports physiotherapy?

9. Match the appropriate sentence halves:

- 9.1. Please notify the staff if you have had a recent fracture or surgery as this will
- 9.2. A review of current physical therapy practice for the post-operative management of selected shoulder conditions
- 9.3. The patients are offered a variety of treatment methods to help
- 9.4. Physical therapists
- 9.5. All physical therapists are
- 9.6. Less than half of patients had exercise prescribed, and only 30 percent had
- 9.7. Compared to land-based exercises, it was concluded
- 9.8. The staff of the clinic is genuinely nice, extremely accommodating, and highly compassionate
 - a) using a high level of experience, knowledge, and professional skills.
 - b) apply researched and proven techniques to help people get back in motion.
 - c) seen a physical therapist in the past year.
 - d) that water-based exercises better improved the quality of life in patients with chronic low back pain.
 - e) was given.
 - f) affect the waiting period for your appointment booking.
 - g) restore and maintain their optimal physical function and mobility.
 - h) required to receive a graduate degree – either a masters or a clinical doctorate -- from an accredited physical therapist program.
- 10. Make up a sentence including the following word(s):

Example: to relieve

Answer: This modality can relieve a patient's pain.

- 10.1. Intervention
- 10.2. To resolve
- 10.3. Neurological condition
- 10.4. To be at risk
- 10.5. To impair
- 10.6. To heal
- 10.7. To expand
- 10.8. To induce
- 10.9. Tense muscle

11. Choose the correct answer if a correct answer exists. Each question may have one or more correct answers.

- 11.1. A patient lying on their stomach is in what position?
 - A. Prone
 - B. Side-lying
 - C. Supine
 - D. Frontal
- 11.2. A physiotherapist is responsible for which of the following?
 - A. Assessing a patient's strength levels
 - B. Manual therapy
 - C. Keeping records (paperwork)
 - D. Creating a safe therapeutic environment
- 11.3. When a patient complains that an exercise is painful, what should the physiotherapist do?
 - A. Tell the patient to suck it up and push through the pain
 - B. Immediately stop the exercise and don't do it again
 - C. Ignore the patient
 - D. Consider easing off the exercise, communicating with the patient, and finding an alternative solution

- 11.4. The idea of treating 150 patients per day can be considered
 - A. Impossible
 - B. Negligent
 - C. Effortless
 - D. Unmanageable
- 11.5. As a physiotherapist, you should
 - A. Stay up to date on the current literature in your field
 - B. Welcome the idea of further education
 - C. Immediately implement a new exercise you saw someone doing on social media
 - D. Never purposefully harm a patient.
- 11.6. Manual therapy includes which of the following?
 - A. Patient-driven exercise
 - B. Warming-up before exercise
 - C. Massage
 - D. Manually placing an ice pack on a patient's leg
- 11.7. The attire of a physiotherapist should
 - A. Allow for freedom of movement
 - B. Be restrictive
 - C. Be professional
 - D. Always include a white coat
- 11.8. The source of a patient's pain
 - A. Will always be at the site of the pain
 - B. May occur at a different location than the pain itself
 - C. Should be ignored because the patient probably has bigger problems
 - D. Should be methodologically determined by the physiotherapist
- 11.9. Which of the following are appropriate questions to ask a patient during their initial visit?
 - A. Are you serious?
 - B. What's wrong with you?
 - C. What brings you here today?
 - D. How long has this been bothering you?

- 11.10. Which of the following are appropriate to say when a patient is leaving your practice?
- A. I look forward to seeing you next time.
 - B. Be sure to call me if you have any questions regarding your home exercise plan.
 - C. Don't forget to ignore the pain and push through it if your back starts to hurt over the weekend!
 - D. Try to find some exercises online that you can follow.

Unit 1 – Physiotherapy, also Physical Therapy – KEY

1. Fill in an appropriate word. In some sentences the beginning of the word is given.

- 1.1. Allied = nelékařské (zdravotnické profese)
- 1.2. Referred
- 1.3. Overexert = přepínat/přetěžovat se
- 1.4. Discharged
- 1.5. Regained
- 1.6. Ordered
- 1.7. Disturbances, conditions
- 1.8. Intervention = zákrok, zásah
- 1.9. Resolved = odezněly
- 1.10. Respond
- 1.11. Surgical = chirurgický
- 1.12. Neuromuscular, benefit

2. Synonyms and antonyms:

- 2.1. S
- 2.2. A
- 2.3. S
- 2.4. S
- 2.5. A
- 2.6. A
- 2.7. A
- 2.8. S
- 2.9. S
- 2.10. A