

Unit 3 - Physical Therapy Exercises

Exercising daily plays a main role in the process of healing and recovering from injury or disease. This is the goal of physical therapy exercises. Stretching and strengthening activities are only a few types of physical therapy exercises. Balance, joint control, and muscle re-training are other types of important physical therapy exercises.

Task 1

Fill the gaps with the correct word chosen from below.

increase joints recovery health immune regular cardiovascular

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall _____. Frequent and _____ exercise is an important component in the prevention of the diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Exercises are generally grouped into three types depending on the overall effect they have on the human body:

1. Flexibility exercises such as stretching improve the range of motion of muscles and _____.
2. Aerobic exercises such as walking and running focus on increasing _____ endurance.
3. Anaerobic exercises such as weightlifting or sprinting _____ muscle strength.

Physical exercise is important for physical fitness including healthy weight, building and maintaining healthy bones, muscles and joints; and strengthening the _____ system.

Proper nutrition is at least as important to health as exercise. When exercising it becomes even more important to have good diet to ensure the body has the correct ratio of micro and macronutrients to help the body with the _____ process after exercising.

Task 2 Speaking

Fitness - Exercise Myths

Although some old fitness fictions, such as “no pain, no gain” are fading fast, plenty of popular exercise misconceptions still exist. Here are some of the most common myths as well as the not-so-common facts based on current exercise research. Discuss them. Do you consider them myths? Support your arguments.

1. **If You're Not Going to Work Out Hard and Often, Exercise Is a Waste of Time.**
2. **Yoga Is a Completely Gentle and Safe Exercise.**
3. **If You Exercise Long and Hard Enough, You Will Always Get the Results You Want.**
4. **Exercise Is One Sure Way to Lose All the Weight You Desire.**
5. **Overweight People Are Unlikely to Benefit Much From Exercise.**
6. **Home Workouts Are Fine, But Going to a Gym Is the Best Way to Get Fit.**

Task 3:

Read the following instructions how to perform certain exercises. The instructions are mixed up. Put them into a chronological and logical order:

1. Triceps Extension - Strengthens muscles in back of upper arm.

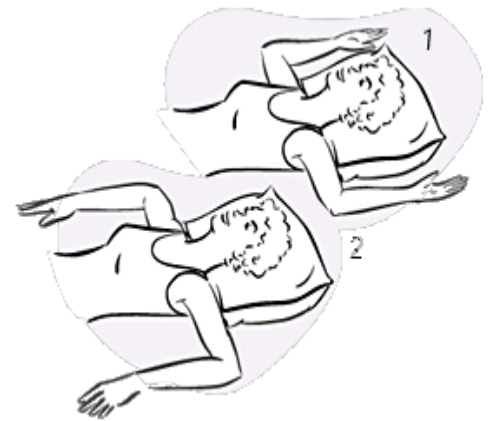
1. Bend raised arm at elbow, bringing hand weight toward same shoulder.
2. Raise one arm straight toward ceiling.
3. Feet flat on floor; keep feet even with shoulders.
4. Support this arm, below elbow, with other hand.
5. Hold position.
6. Slowly re-straighten arm toward ceiling.
7. Slowly bend arm toward shoulder again
8. Sit in chair, near front edge.

2. Hamstrings - Stretches muscles in back of thigh.

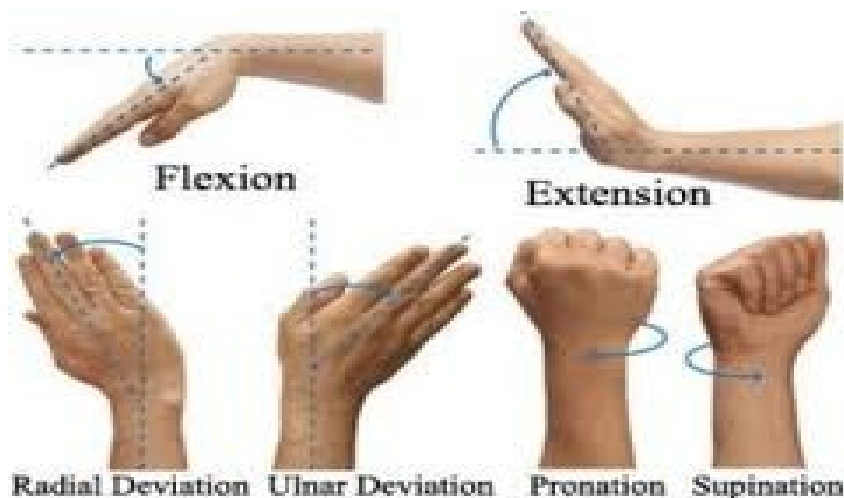
1. Lean forward from hips (not waist) till you feel stretching in leg on bench, keeping back and shoulders straight. Hold position.
2. Repeat with other leg.
3. Straighten back
4. Keep other leg off of bench, with foot flat on floor.
5. Sit sideways on bench.
6. Keep one leg stretched out on bench, straight.

3. Shoulder Rotation

1. Hold position.
2. Stretch arms out to side.
3. Keep shoulders flat on floor.
4. Bend elbows to crook lower arms downward, at right angle.
5. Lie flat on floor, pillow under head.
6. Bend elbows to crook lower arms upward, at right angle.
7. Hold position.



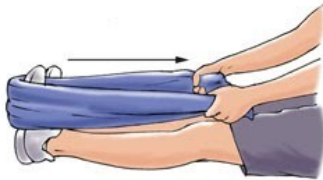
Task 4: Look at the pictures and explain the described movements:



Task 5:

Here are some pictures of various physiotherapy exercises. First study the pictures properly, then choose 4 pictures and describe how to perform the exercises:

Broken Ankle Rehabilitation Exercises



Towel stretch



Standing calf stretch



Standing soleus stretch



Ankle active range of motion

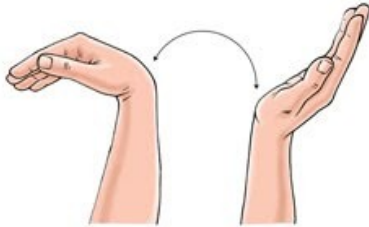


Resisted ankle dorsiflexion



Resisted ankle plantar flexion

Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



Wrist active range of motion: Flexion and extension



Wrist stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Grip strengthening



Forearm pronation and supination strengthening



Resisted elbow flexion and extension

Quadriceps Contusion (Thigh Bruise) and Strain Rehabilitation Exercises



Quadriceps stretch



Quad sets



Straight leg raise



Heel slide



Prone knee bend



Wall squat



Step-up

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Now choose some of your classmates to perform the exercises as you describe them.

Task 6: Here is a list of exercises. Classify them into two groups:

moderate (=using lower degree of energy) and vigorous (=full of energy)

- Swimming
- Hiking
- Digging holes
- Cross-country skiing
- Gardening
- Walking quickly on a level surface
- Mopping floor
- Cycling on a stationary bicycle
- Swimming laps
- Fast bicycling up hills
- Dancing
- Downhill skiing
- Volleyball
- Rowing
- Jogging
- Climbing stairs or hills
- Bicycling

Adapted from:

<http://www.orthohyd.com/exercises-yoga>

<http://physicaltherapy.about.com>

http://physicaltherapy.about.com/gi/o.htm?zi=1/XJ&zTi=1&sdn=physicaltherapy&cdn=health&tm=20&gps=255_334_1276_882&f=11&tt=14&bt=0&bts=0&zu=http%3A//weboflife.ksc.nasa.gov/exercisesandaging/chapter4_balance.html

Task 7 Listening – Giving instructions

Pilates Exercises – One-leg stretch

http://www.ehow.com/video_4940402_pilates-exercises-oneleg-stretch.html

Listen to a fitness trainer describing a Pilates exercise and write down as many verbs describing movement as possible.

Follow-up: Complete the gaps with parts of the body.

Rotate your _____ clock-wise / anti-clock-wise

Shrug your _____

Turn your _____ from side to side

Stand with your _____ apart/ shoulder width apart

Keep your _____ straight

Bring/ stretch/ extend your _____ to the side/ overhead/ straight forward

Swing ___ from side to side and around in a circle

Bend forward from your _____ and relax

Clasp your _____ behind your head

Cross _____ over your chest

Lie on your _____, arms at the side, _____ down/up, now bend your _____

Hold your knee with both _____ and pull it towards your _____

Squat on the floor with one _____ bent up against the chest, the other leg stretched out behind

Kneel on the ground, _____ apart

Lift up/ raise your _____.

Task 8

- a) Prepare a set of exercises that will ensure development of all large muscle groups in the body.
- b) Consider a sport and develop exercises applying the overload principle that would develop all the large muscle groups used in the sport.