

## Unit 4 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 Vocabulary

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 a good diet to ensure the body has the correct ratio of micro and macronutrients to help the body with the \_\_\_\_\_ process after exercising.

(Adapted from: [http://www.sciencedaily.com/terms/physical\\_exercise.htm](http://www.sciencedaily.com/terms/physical_exercise.htm))

### Task 2 Speaking

**Do you consider the following statements to be true or not? Debunk the myths and defend the statements you agree with.**

- a) If you exercise long and hard enough, you will get the results you want.
- b) No pain, no gain.
- c) Exercise is one sure way to lose all the weight you desire.
- d) Home workouts are fine, but going to a gym is the best way to get fit.
- e) Overweight people are unlikely to benefit much from exercise.

### **Task 3 Listening – Giving instructions**

#### **Pilates Exercises – One-leg stretch**

(<https://www.youtube.com/watch?v=R31EkWAU9dM>)

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

Lift up/ raise your \_\_\_\_\_.

## Task 4

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



Resisted ankle inversion



Resisted ankle eversion



Heel raise



Step-up

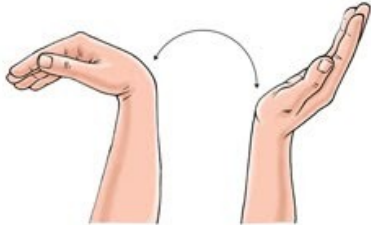


Balance and reach exercise A



Balance and reach exercise B

# 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

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## Thigh Bruise and Strain (Quadriceps Contusion) Rehabilitation Exercises



Quad sets



Straight leg raise



Heel slide



Quadriceps stretch



Wall squat



Prone knee bend



Step-up



Lunge

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Source: <http://www.orthohyd.com/exercises-yoga>, <http://physicaltherapy.about.com>

### Task 5

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

### Task 6 Video: Watch and summarise the main points of the speech.

([http://www.ted.com/talks/cosmin\\_mihaiu\\_physical\\_therapy\\_is\\_boring\\_play\\_a\\_game\\_instead](http://www.ted.com/talks/cosmin_mihaiu_physical_therapy_is_boring_play_a_game_instead))