

# Physiotherapy: Procedures and Equipment

## PROCEDURES

**Exercise 1: The words below are names of common types of physiotherapy. Fill in the missing letters.**

m...ss...g...  
h...dr...th...rapy  
l...s...r ther...py  
...ryot...erapy  
i...fr...red rays  
...on...r...st b...th

**Exercise 2: Match the words from the left to the words from the right. You will get names of equipment used in physiotherapy. Can you explain where it is applied?**

Hot	weight
Exercise	band
Elastic	gel
Ultrasound	ball
Hydro	pack

**Exercise 3: Read the explanation and name the type of physiotherapy treatment.**

In (.....), exercises are done under water in a tub or canal. The movement can be performed more easily under water than air because the buoyancy in water eliminates gravity.

(.....) is one of the oldest of the Health sciences and has been used for curative purposes since time immemorial. It uses "TOUCH" to apply pressure to the body's skin, muscles, tendons, ligaments.

This kind of physiotherapy treatment involves use of low frequency current.

(.....) is used to activate and train a muscle, which has lost its action or in training a muscle which has lost or 'forgotten' its action after an injury / surgery.

A (.....), also called hot/cold immersion therapy, is a method of treating soreness, swelling, and inflammation in a person's joints or muscles. It increases muscle blood flow without expending energy in order to facilitate the flushing of metabolic waste.

#### **Exercise 4: Which type of treatment would you advise in case of...and why?**

- muscular pain \_\_\_\_\_
- insomnia \_\_\_\_\_
- stroke \_\_\_\_\_
- nerve injury \_\_\_\_\_

### **EQUIPMENT**

#### **Reading: Equipment Used in Physical Therapy**

Physiotherapists use a wide range of physiotherapy equipment to reduce and relieve pain, repair the joints and muscles, and to make the patient more comfortable during his or her visit.

A physiotherapy chair, bed, couch, or table is among the various types of physiotherapy equipment. This is generally a flat cushioned bench with cushioned head support and two to seven sections. The PT uses this to keep the patient comfortable while examining and diagnosing. It is also used while the patient performs specific exercises, or for massage therapy.

For exercise a physical therapist might bring in hand and leg weights, elastic bands, and exercise balls as part of their physiotherapy equipment. A balance ball chair is a large air filled ball securely attached to a small stool set on rollers with back support. The client may use this type of equipment for exercises that require support for less strain on the spine and back.

To relieve pain physiotherapy equipment such as a TENS, or Transcutaneous Electrical Nerve Stimulation, system may be used. A TENS unit provides the patient with temporary pain relief without the added use of drugs, narcotics, or painful shots. The attachments are set on the skin over the affected area where the machine sends tiny electrical currents, or pulses to the nerves.

Often included in a physical therapist's equipment are items used in electrotherapy and ultrasound. Ultrasound devices generally consist of a round handheld wand, or probe. This probe is placed on the patient's skin with the use of ultrasound gel to transmit ultrasonic waves through the skin.

Each physical therapist has her or his own method of treatment. These examples are just some of a long list of physiotherapy equipment used to treat patients.

<http://relieve-backpain.com/physiotherapy/permalink.php?article=Physiotherapy+Equipment.txt>

#### **Exercise 1: Find the following in the text:**

- equipment used to make the patient feel comfortable while he is examined
- equipment sending ultrasonic waves through the skin
- equipment used to lessen the strain on the spine and back during exercises requiring support
- equipment temporarily easing the pain

#### **Exercise 2: True or false:**

1. The PT uses the PT chair to make the patient more comfortable while examining him.
2. A ball chair may be used for articles which require support.
3. TENS stand for Transcutaneous Electrical Nerve Simulation.
4. Ultrasound devices are used to relieve the patent's pain.
5. The ultrasound probe is placed under the patient's skin.



Exercise 3: Name the types of physiotherapy equipment

- 1.
- 2.
- 3.

**Exercise 4: What are the aids below used for?**

Exercise mat  
Exercise bar  
Weights (dumbbells)  
Unstable platform  
Underarm crutches  
Walker  
Kickboard

Fins  
Massage ball  
Squeeze ball  
Treadmill  
Rowing apparatus  
Stationary bike

### Exercise 5: Word formation

Form nouns from the verbs, e.g. reduce – reduction

Relieve	Supply
Apply	Treat
Place	Sense
Swell	Stimulate
Set	Improve
Induce	Inflame
Perform	

## Listening 1: Laser therapy

### 1. Watch the video “Laser therapy” and answer the following questions.

<http://www.youtube.com/watch?v=qlc6DjdOp6Q>

What are the problems that laser can treat?

Why is it so effective?

Why is it suitable for children?

### 2. Watch again and fill in the blanks.

...newest technology in physical therapy that is \_\_\_\_\_ to physical therapists...

...it is actually light that is going into the \_\_\_\_\_, it is affecting each one of the individual cells and promotes the \_\_\_\_\_ for each cell so therefore, as the cell gets better there is less pain and less \_\_\_\_\_ and your symptoms get \_\_\_\_\_ quicker.

.. it is great for any type of \_\_\_\_\_ and \_\_\_\_\_ tissue.

## Listening 2: Stretch out Strap DVD

### 1. Watch the video and answer the following questions.

One of the most overlooked aspects of physical fitness at any level is...

- A) flexibility
- B) stretching
- C) strength

Flexibility and mobility are essential to our daily...

- A) hassles
- B) fitness
- C) health

### Watch again and fill in the blanks:

It will help keep you fit, improve your \_\_\_\_\_, prevent \_\_\_\_\_

Working on your flexibility will \_\_\_\_\_ your \_\_\_\_\_ in any activity or in any sport.

The stretch-out strap allows you to \_\_\_\_\_ a level of flexibility that is not \_\_\_\_\_ alone.