

## Unit 12 REVISION LESSON English for Physiotherapists

### I. Vocabulary revision

#### TASK 1 Human body

*Where on the body is:*

the jaw – the thumb – the thigh – the navel – the wrist – the hip - the calf – the arm pit –

the shin – the cheek – the chest – the nostrils – the tongue – the ankle – the instep

#### TASK 2 Anatomy

1. *What do you call the organ/ organs/ muscles:*
  - which breaks down toxins which enter the body, including alcohol
  - in the chest we use for breathing
  - in which babies develop before they are born
  - between the lungs and the stomach used mainly to control breathing
  - squeezes food down to the stomach
  - in which most digestion takes place
  - processes the waste and passes it out of the body
  - remove waste products from the blood and produce urine
2. *What are English equivalents to these expressions from Latin:*  
femur – patella – sternum – clavicle – scapula – tibia – spinal column

#### TASK 3 Injuries – collocations.

*Fill in the gaps:*

1. You can pull/ strain \_\_\_\_\_
2. You can sprain/ twist \_\_\_\_\_
3. You can dislocate \_\_\_\_\_
4. You can bruise \_\_\_\_\_
5. You can have \_\_\_\_\_ on your feet because of new shoes.  
*When do we use braces, compression dressing, plaster, crutch, bandage, a splint?*

#### TASK 4 Exercises

Perform the following movements:

1. Bend your arm – straighten your arm
2. Raise your arm – lower your arm
3. Lean your head against your shoulder
4. Clasp your hands together in front of you.
5. Grasp your elbow.
6. Tuck your chin so that it touches your chest.
7. Rotate your head from right to left.
8. Arch your back.

## TASK 5 Words in context

Complete the paragraph:

Exercising plays a main role in the process of h\_\_\_\_\_ and r\_\_\_\_\_ from injury or d\_\_\_\_\_. This is the goal of physical therapy exercises. S\_\_\_\_\_ and s\_\_\_\_\_ activities are only a few types of physical therapy exercises. B\_\_\_\_\_, j\_\_\_\_\_ control and muscle re-\_\_\_\_\_ are other types of important physical therapy exercises.

## TASK 6

Use the following expressions in a sentence:

**range of motion**                      **endurance**                      **relief**                      **surgery**  
**blood flow**                      **obesity**                      **therapist**

## TASK 7

Give an example of:

- acute/ chronic disease, cardiovascular disease, childhood disease
- equipment used in physical therapy
- methods and techniques used in physical therapy

## TASK 8

*Translate into English*

tkáň – kloub – vaz – ztuhlé svaly - zhubnout – přibrat — terapeut – strava – úzkost – trenažer

## TASK 9 Word formation

*Form nouns from the verbs below:*

treat - improve – recover – weak – strong – depend – able – grow – care- prescribe

## TASK 10

In pairs, choose a special area of physiotherapy and describe what problems it treats and how.

## II. Grammar revision

### 1. Tenses

#### 1.1 Present simple and present continuous

*Are the underlined verbs right or wrong?*

1. I don't understand what you are meaning.
2. Can you call later, please? Margaret is having a bath.
3. This room is smelling. Let's open the window.
4. You are always biting your nails, it's such a terrible habit of yours!
5. I'm preferring vegetable meals these days, I'm trying to lose weight.
6. I can't understand why he is being so rude. He isn't usually like that.
7. What are you thinking about, James?
8. Look! That man over there tries to open the door of your car!

#### 1.2 Past simple and past continuous

*Choose the correct form of the verbs.*

1. I *met* / *was meeting* a friend while I *did* / *was doing* the shopping.
2. I *paid* / *was paying* for my things when I *heard* / *was hearing* someone call my name.
3. I *turned* / *was turning* round and *saw* / *was seeing* Paula.
4. She *wore* / *was wearing* a bright red coat.
5. We *decided* / *were deciding* to have a cup of coffee.
6. While we *had* / *were having* a drink, a waiter *dropped* / *was dropping* a pile of plates.
7. We all *got* / *were getting* a terrible shock.
8. While the waiter *picked* / *was picking* up the broken plates, he *cut* / *was cutting* his finger.

#### 1.3 Past simple and present perfect

*Choose the correct form of the verb.*

1. Lisa *didn't go* / *hasn't gone* to work yesterday. She wasn't feeling well.
2. I'm looking for Paul. *Did you see* / *Have you seen* him ?
3. I still don't know what to do. I *didn't decide* / *haven't decided* yet.
4. Oh! I *burnt* / *have burnt* myself.
5. *Did you eat* / *have you eaten* a lot of sweets when you were a child?
6. Lucy *earned* / *has earned* a lot of money a year ago.
7. Everything is going well. We *didn't have*/*haven't had* any problems so far.

#### 1.4 Present perfect simple and continuous

*Choose the correct form of the verb.*

1. I'm bleeding! I've *cut* / *been cutting* my finger!
2. Look what Pat *has given* / *has been giving* to me for my birthday!
3. I *have painted* / *have been painting* the living room, but I haven't finished yet.
4. She's tired because she *'s shopped* / *she's been shopping* all day.
5. Sorry. I've *broken* / *I've been breaking* one of your glasses.
6. How long *have you had* / *have you been having* this book?
7. I *have read*/*I have been reading* the book since morning. I *have read*/*I have been reading* 50 pages so far.

## 1.5 Mixed Tenses

*Put the verbs in brackets in the correct tense, present or past simple, present perfect simple or continuous.*

My daughter.....(try) to find a job for months. She.....(leave) university in June, and since then she .....(have) one or two part-time jobs. She.....(work) in a cafe for the last two weeks. She.....(want) to work in publishing. She.....(write) hundreds of letters of application, and she.....(have) a few interviews, but no job offers yet.

## 2. Modals

*A/ Fill in the gaps with: must, mustn't, don't/ doesn't have to*

We've got plenty of time. We .....leave yet.

I've got this letter to post. I .....forget to post it.

You .....wash the tomatoes, they've been washed.

This is a valuable book. You.....look after it and you .....lose it.

He .....wear a suit to work but he usually does.

We.....smoke here, it is prohibited.

## 3. Infinitive or -ing

*Choose the correct answer:*

1. I hope *going / to go* to Brazil in July.
2. I promise *phoning / to phone* you every day.
3. Do you remember *switching/to switch* the lights off before you came out?
4. We agreed *working/to work* together.
5. The doctor says you must stop *smoking/to smoke*.
6. I can't keep *driving/to drive* – I'm too tired.
7. The radio isn't working. – Have you tried *changing/to change* the batteries?
8. I advise *buying/to buy* your tickets well in advance.
9. We can't go on *working/work* like this.

## 4. Conditionals

*Write sentences with if for the following situations:*

We don't have a car because we don't live in the country. If we.....

We don't visit you very often because you live so far away. If you.....

It's raining, so we can't have lunch in the garden. If it.....

Maybe I will have time tomorrow, so I will finish the task. If I.....

## 5. Passive voice

*Form passive sentences.*

The patient regularly performs her routine.

The patient is performing a strengthening exercise.

The patient will perform the exercise in this session.

The patient should perform the exercise twice a day.

The patient performed this routine when she was in hospital.

The patient has just performed her routine.