

## Unit 8 Geriatric Physiotherapy

### Task 1: Speaking

1. Discuss these statements:

*The key to successful aging is to pay as little attention to it as possible. ~Judith Regan*

*The great secret that all old people share is that you really haven't changed in seventy or eighty years. Your body changes, but you don't change at all. And that, of course, causes great confusion. ~Doris Lessing*

*To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old. ~Oliver Wendell Holmes*

2. Discuss this question with your partner using the words below to help you.

According to researchers, people who live long lives stop eating when they are 80% full. How do you think this helps them to live longer?

*may might could likely perhaps*

3. Ask and answer these questions.

1. Why do you think that maintaining a healthy social network contributes to longevity?
2. Maintaining a positive outlook seems to contribute to living a long life. Why do you think this is?
3. People who live long lives often work hard. How do you think this helps them to live longer?
4. Rate the adjectives describing a personal quality on a scale from 10 (the most important) to 0 (the least important) for a long life:

*sociable independent religious healthy wealthy relaxed intelligent*

### Task 2: Reading

#### 1. Before you read:

- What is geriatric physiotherapy?
- Why is it important?
- Which health problems is it aimed at?

#### 2. Vocabulary:

##### Match the words to their definitions:

limb	return to a normal condition
to be prone to	physical restoration of a sick person
fragility	to have a tendency to something
recovery	lack of physical strength
rehabilitation	arm or leg

## Use of Physiotherapy in Geriatric Treatment

Physiotherapy can be quite beneficial to elderly patients. Geriatric physiotherapy became a formally recognized specialty within physiotherapy in 1989.

Geriatric physiotherapy deals with problems of several different types in the older population. One type is issues that arise when an elderly person is out of the habit of moving and exercising and **using** their limbs.

Physiotherapists use range-of-motion exercises and other therapies to get the person into better shape and able to function at a higher level.

Geriatric physiotherapy also can help with cardiovascular health. Through such therapies as electrical stimulation, exercise, and aqua therapy, the physiotherapist can help reduce the risk of, or aid recovery from, heart disease or stroke.

The elderly are also highly prone to arthritis, osteoporosis, and other skeletal problems. Because of the fragility of some elderly patients, geriatric physiotherapists use milder, more cautious therapies. But among the things they can work on with elderly patients are basic balance and motion issues to decrease the risk of falls, since what would be just a fall in a younger person can often result in significant injuries such as a broken hip in an older person.

People who have had knee or hip replacement surgery sometimes have difficulty **getting used to** walking and everyday activities due to the changes in their body. Geriatric physiotherapy can **use** exercise and other therapy during the post-surgery rehabilitation period to make the person more comfortable getting around.

### 3. Find the following things in the text:

- 3 types of therapy
- 3 kinds of diseases
- 2 types of surgical operations

### 4. Ask about the underlined part of the sentence:

1. Geriatric physiotherapy became a formally recognized specialty in 1989.
2. Geriatric physiotherapy deals with problems of several different types in the older population.
3. Physiotherapists use range-of-motion exercises and other therapies.
4. Physiotherapists use range-of-motion exercises and other therapies.
5. Geriatric physiotherapy can use special exercise to make the person more comfortable.

## Task 3 Listening

### TIPS TO PREVENT FALLS

(<http://www.youtube.com/watch?v=0pCVacKQBsl>)

Watch the video and answer the questions:

1. What injuries has Libby had?
2. Which walking aid does she use to be more confident?
3. What are the main reasons for falls in older people?
4. What are the 5 steps people should implement to prevent falls?

#### Task 4 Language: *Used to and be/get used to*

##### Study the structures:

**used to + infinitive:** to talk about things that happened in the past – actions or states – that no longer happen now

**be used to + -ing:** to talk about things you are accustomed to - you don't find them unusual

**get used to + -ing:** to become accustomed to sth. – it was strange, now it's not so strange

**Note: Be/get used to** can be used with past, present and future tenses.

*E.g. You might find it strange at first but you'll soon get used to it.*

*He wasn't used to the heat and he caught sunstroke.*

##### Complete the sentences with *used to/ get used to (be getting used to)/ be used to*

1. She \_\_\_\_\_ be a long distance runner when she was younger.
2. I \_\_\_\_\_ driving on the right.
3. I \_\_\_\_\_ eat meat but I became a vegetarian 5 years ago.
4. I can't \_\_\_\_\_ to getting up so early. I'm tired all the time.
5. He \_\_\_\_\_ the weather here yet. He's finding it very cold.
6. Since we had the baby I \_\_\_\_\_ not getting enough sleep.

(<http://learnenglish.britishcouncil.org/en/grammar-reference>)

**Think about things you used to do, things you are getting used to and things you are used to. Tell your partner.**

#### Task 5 Idioms

Select from the words below and complete idiomatic phrases:

*skin eye head neck heart face tongue chest tooth bones*

1. Ironing is my least favourite activity. It's a real pain in the \_\_\_\_\_.
2. The pass mark was 60% and he got 60.3%, so he made it by the \_\_\_\_\_ of his teeth.
3. I know I should get to the meeting but I just can't \_\_\_\_\_ it.
4. Actors get very good at learning things by \_\_\_\_\_.
5. I just cannot resist chocolate and cakes - I have a sweet \_\_\_\_\_.
6. The first thing to start solving a problem is to get it off your \_\_\_\_\_.
7. I think there is going to be trouble at the meeting tonight; I can feel it in my \_\_\_\_\_.
8. Did I call you Richard? Oh, sorry, Robert, just a slip of the \_\_\_\_\_.
9. Could you just cast your \_\_\_\_\_ over this report and see if there are any spelling mistakes?
10. Off the top of my \_\_\_\_\_ I couldn't tell you where they live but I could soon find out.