

Unit 11 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

3. *What are the lay terms for the following expressions?*

myocardial infarction – analgesics – insomnia – hypnotics - contraceptives

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.

(Adapted from: http://www.sciencedaily.com/terms/physical_exercise.htm)

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 – úzkost – trenažer

TASK 9 Word formation

Form nouns from the verbs below:

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

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 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.

1.2 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.

1.3 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.

1.4 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. Weleave yet.

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

Youwash the tomatoes, they've been washed.

This is a valuable book. You.....look after it and youlose it.

Hewear 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 routine

The patient is performing a strengthening exercise. The exercise

The patient will perform the exercise in this session. The exercise

The patient should perform the exercise twice a day. The exercise

The patient performed this routine when she was in hospital. This routine

The patient has just performed her routine. The routine

6. Questions

Ask about the underlined part of the sentence.

1. The therapist used a new method.
2. The therapist used a new method.
3. The therapist works with cardiac patients.
4. The patient has had a major surgery.
5. The patient suffers from back pain.

(Grammar adapted from: MURPHY, Raymond. *English grammar in use :a self-study reference and practice book for intermediate students of English : with answers*. 3rd ed. Cambridge: Cambridge University Press, 2004. x, 379 s. ISBN 0-521-53762-2.)