

Unit 4 Physical Therapy Procedures

Task 1 Communicating with patients

- a) Why is it essential to communicate with patients effectively?
- b) Listen and write down the positive outcomes of effective communication between health care providers and their patients.

(<https://www.youtube.com/watch?v=b7YwrHNyITg>)

- c) What do you need to assess when meeting your patient for the first time?
Study the guidelines for patient assessment and explain why each point is important:

- Get to know your patient.
- Establish a rapport.
- Gain trust.
- Ask the right questions.
- Learn about the patient's skills.
- Involve others.
- Identify barriers and limitations.

(<https://medlineplus.gov/ency/patientinstructions/000456.htm>)

- d) Getting a patient's information

Dialogue

Nurse: Good afternoon, Mr. Neil. How are you feeling today?

Patient: Pretty good.

Nurse: Excellent. Before we start, I need to ask you a few questions.

Patient: OK.

Nurse: ...

Take a look at the form the teacher gave you. What questions should you ask?

- e) Read the questions below. What is the "it" in all of them?

Is it mild, severe, or very severe?

Does it spread down your legs?

Is it sharp, dull, constant or intermittent?

Does it come and go?

Does anything special bring it on?

Task 2 PT Procedures

- a) **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
con...r...st b...th

- b) **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.

(Adapted from: <http://www.punjabkesari.com/health/Physiotherapy-types.htm>)

- c) **Which type of treatment would you advise in case of...and why?**

- muscular pain _____
- insomnia _____
- stroke _____
- nerve injury _____

Task 3 Equipment

- a) **Complete the gaps with the correct form of the verb in brackets**

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 _____ (use) this to keep the patient comfortable while examining and diagnosing. It is also _____ (use) 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 ball _____ (fill) with air 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 _____ (use). A TENS unit _____ (provide) the patient with temporary pain relief without the _____ (add) use of drugs, narcotics, or painful shots. The attachments are set on the skin over the _____ (affect) area where the machine sends tiny electrical currents, or pulses to the nerves.

Often _____ (include) in a physical therapist's equipment are items _____ (use) in electrotherapy and ultrasound. Ultrasound devices generally consist of a round handheld wand, or probe. This probe _____ (place) 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 _____ (use) to treat patients.
<http://relieve-backpain.com/physiotherapy/permalink.php?article=Physiotherapy+Equipment.txt>

b) Now complete the sentences in passive voice:

ACTIVE VOICE	PASSIVE VOICE
The therapist uses the new method.	The new method _____
The therapist is using the new method.	The new method _____
The therapist used the new method.	The new method _____
The therapist has used the new method.	The new method _____
The therapist should use the new method.	The new method _____
The therapist will use the new method.	The new method _____

d) Do you know the aids listed below? What are they used for?

exercise mat - weights (dumbbells) - unstable platform - underarm crutches - walker - fins
 – massage ball - treadmill – rowing apparatus – stationery bike

Task 4 Listening: Laser therapy

a) 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?

b) 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 cells get better there is less pain and less _____ and your symptoms get _____ quicker.

.. it is great for any type of _____ and _____ issue.