

Unit 4 Physical Therapy – profession, procedures

Task 1 Career profile

Imagine you have had twenty years of practice in PT and need to write your web profile. What would you like it to look like? You can use the following phrases:

- ... graduate from...
- ...do an internship at...
- ...gain hands-on experience in ... as ...
- ... receive an award for...
- ... be passionate about...
- ... enjoy the opportunity to be involved in...

Think about where you would like to have worked in twenty years' time. Consider the following options:

Hospitals - Outpatient clinics - Sports medicine centres - Private medical offices - Nursing homes - Assisted living homes - Rehab centres - Offices and work sites - Schools or colleges

Task 2 PT aims

Complete the gaps.

Physical therapy (PT) is care that aims to ease pain and help you function, move, and live better. You may need it to:

- Relieve p _ _ _
- Improve movement
- Prevent or recover from a sports i _ _ _ _ _
- Prevent disability or surgery
- Rehab after a s _ _ _ _ _ , accident, injury, or surgery
- Work on balance to prevent a slip or fall
- Manage a chronic illness like d _ _ _ _ _ , heart disease or arthritis
- Recover after you give b _ _ _ _ _
- Control your bowels or b _ _ _ _ _
- Adapt to an artificial l _ _ _
- Learn to use assistive d _ _ _ _ _ like a walker or cane
- Get a splint or brace

WebMD Medical Reference Reviewed by [Ross Brakeville, DPT](#) on July 27, 2017
(<https://www.webmd.com/pain-management/what-is-physical-therapy#1>)

Task 3 PT's duties

What is the most common/ logical order in which a PT would perform his/ her duties?

- Educate patients and their families about what to expect from and how best to cope with the recovery process
- Evaluate a patient's progress, modifying a plan of care and trying new treatments as needed
- Diagnose patients' dysfunctional movements by observing them stand or walk and by listening to their concerns, among other methods
- Set up a plan of care for patients, outlining the patient's goals and the expected outcome of the plan
- Review patients' medical history and any referrals or notes from doctors or surgeons
- Use exercises, stretching manoeuvres, hands-on therapy, and equipment to ease patients' pain, help them increase their mobility, prevent further pain or injury, and facilitate health and wellness.

Task 4 Listening - Required Skills for Physical Therapists:

Discussion point: In your opinion, which skills should a physical therapist have?

http://www.youtube.com/watch?v=YqZGswvhRZw&feature=results_video&playnext=1&list=PL5DB325AC60CBA473

Watch the video and prepare to answer the following questions:

Which chronic disease is mentioned in the video?

Why should a PT be in a good physical condition?

Which administrative tasks does a PT do?

Watch again and fill in the gaps:

Physiotherapists combine _____, medicine and humanitarianism to teach patients how to help themselves.

They play a vital role in helping _____ victims and the disabled recover from injuries.

Because of the fragile _____ of many of their patients, PT must be compassionate and _____ when working with others.

A career in physiotherapy offers specialization in particular areas such as pediatrics, _____ or neurology.

Task 5 PT procedures

Read the descriptions and identify the type of 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>)

Which type of treatment would you advise for...and why?

muscular pain _____ insomnia _____
stroke _____ nerve injury _____

Task 6 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

The therapist uses the new method.
The therapist is using the new method.
The therapist used the new method.
The therapist has used the new method.
The therapist should use the new method.
The therapist will use the new method.

PASSIVE VOICE

The new method _____
The new method _____
The new method _____
The new method _____
The new method _____
The new method _____

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

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

Fins
Massage ball
Squeeze ball
Treadmill
Rowing apparatus
Stationary bike