

Unit 3 Physical Therapy Exercises

Exercising daily plays a main role in the process of healing and recovering from injury or disease. This is the goal of physical therapy exercises. Stretching and strengthening activities are only a few types of physical therapy exercises. Balance, joint control, and muscle re-training are other types of important physical therapy exercises.

Task 1 Vocabulary

Fill the gaps with the correct word chosen from below.

increase joints recovery health immune regular cardiovascular

Physical exercise is the performance of some activity in order to develop or maintain physical fitness and overall _____. Frequent and _____ exercise is an important component in the prevention of the diseases such as heart disease, cardiovascular disease, Type 2 diabetes and obesity.

Exercises are generally grouped into three types depending on the overall effect they have on the human body:

1. Flexibility exercises such as stretching improve the range of motion of muscles and _____.
2. Aerobic exercises such as walking and running focus on increasing _____ endurance.
3. Anaerobic exercises such as weightlifting or sprinting _____ muscle strength.

Physical exercise is important for physical fitness including healthy weight, building and maintaining healthy bones, muscles and joints; and strengthening the _____ system. Proper nutrition is at least as important to health as exercise. When exercising it becomes even more important to have a good diet to ensure the body has the correct ratio of micro and macronutrients to help the body with the _____ process after exercising.

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

Task 2 Speaking

Do you consider the following statements to be true or not? Debunk the myths and defend the statements you agree with.

- a) If you exercise long and hard enough, you will get the results you want.
- b) No pain, no gain.
- c) Exercise is one sure way to lose all the weight you desire.
- d) Home workouts are fine, but going to a gym is the best way to get fit.
- e) Overweight people are unlikely to benefit much from exercise.

Task 3 Listening – Giving instructions

Pilates Exercises – One-leg stretch

(<https://www.youtube.com/watch?v=R31EkWAU9dM>)

Listen to a fitness trainer describing a Pilates exercise and write down as many verbs describing movement as possible.

Follow-up: Complete the gaps with parts of the body.

Rotate your _____ clock-wise / anti-clock-wise

Shrug your _____

Turn your _____ from side to side

Stand with your _____ apart/ shoulder width apart

Keep your _____ straight

Bring/ stretch/ extend your _____ to the side/ overhead/ straight forward

Swing ___ from side to side and around in a circle

Bend forward from your _____ and relax

Clasp your _____ behind your head

Cross _____ over your chest

Lie on your _____, arms at the side, _____ down/up, now bend your _____

Hold your knee with both _____ and pull it towards your _____

Squat on the floor with one _____ bent up against the chest, the other leg stretched out behind

Lift up/ raise your _____.

Task 4

Here are some pictures of various physiotherapy exercises. First study the pictures properly, then choose 4 pictures and describe how to perform the exercises:

Broken Ankle Rehabilitation Exercises



Resisted ankle inversion



Resisted ankle eversion



Heel raise



Step-up

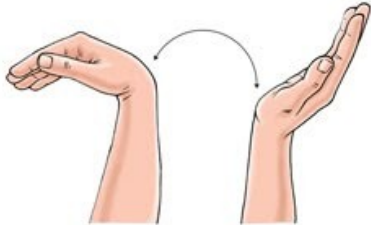


Balance and reach exercise A



Balance and reach exercise B

Medial Epicondylitis (Golfer's Elbow) Rehabilitation Exercises



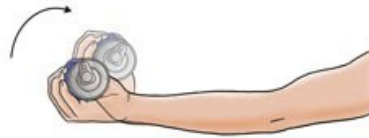
Wrist active range of motion: Flexion and extension



Wrist stretch



Forearm pronation and supination



Wrist flexion



Wrist extension



Grip strengthening



Forearm pronation and supination strengthening



Resisted elbow flexion and extension

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Thigh Bruise and Strain (Quadriceps Contusion) Rehabilitation Exercises



Quad sets



Straight leg raise



Heel slide



Quadriceps stretch



Wall squat



Prone knee bend



Step-up



Lunge

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Source: <http://www.orthohyd.com/exercises-yoga>, <http://physicaltherapy.about.com>

Task 5

Prepare instructions for an exercise including the description of its purpose.

Task 6 Video: Watch and summarise the main points of the speech.

(http://www.ted.com/talks/cosmin_mihaiu_physical_therapy_is_boring_play_a_game_instead)