

Unit 2 The Human body, Health and Illness

Homework Task from seminar 1: Listening - Required Skills for Physical Therapists:

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

** Watch the video and answer the following questions:*

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

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 paediatrics, _____ or neurology.

Revision – seminar 1:

***Answer the below questions true or false:**

- Physiotherapy is a holistic profession, which means it takes into account the whole person – their general health, habits, work, lifestyle etc. T / F
- Physiotherapists try to restore abnormal movement patterns and encourage dysfunction in their patients. T / F
- Physiotherapists typically treat people who are affected by on-going illness and disability, but don't normally review patients with more sudden onset injuries. T / F
- Physiotherapists work with a range of age groups in their daily work, from paediatrics to adults and even geriatrics. T / F
- Some of the treatment techniques that physios use directly in their work, include orthopaedic surgery, bandaging wounds and referring for cardiac examinations. T / F
- Cystic fibrosis, emphysema, chronic bronchitis and asthma are all examples of neurological problems that physiotherapists work with. T / F
- Treatment of geriatric patients may include balance, strengthening and mobility training, as well as assessment and instruction in the use of walking aids. T / F
- Occupational injuries are those that occur at home or at school, they are not suffered in the workplace. T / F
- Back pain, neck pain and fractures are all common examples of orthopaedic injuries.

- T / F
- It's more common for physios to work in outpatient clinics and hospitals than military facilities and GP surgeries. T / F
- Massage is a form of manual therapy or treatment. Other forms include muscle energy techniques, joint mobilisation and manipulation. T / F

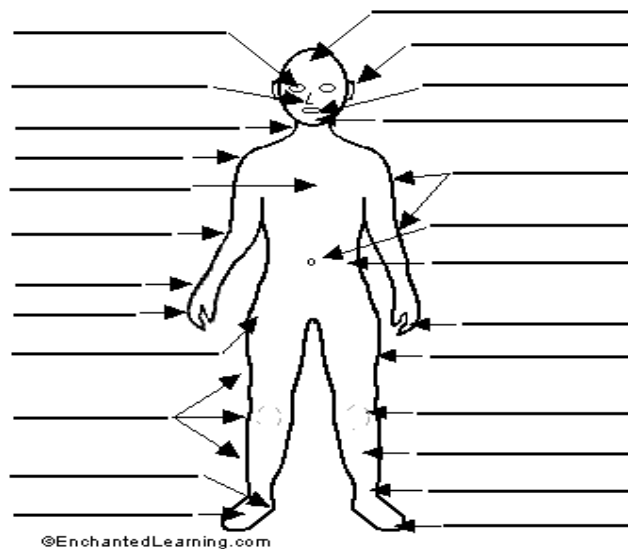
Unit 2 The Human body, Health and Illness

1. The Human Body

a) Label the human body diagram using the following terms:

L column: shoulder, sternum / chest, leg, wrist, foot (dorsum), wrist, neck, lower extremity eye, ankle (medial side), nose, elbow, thigh, hip.

R column: shin, toes, forehead, thigh (lateral aspect), fingers, abdomen, upper arm, ear, knee, flank, chin, upper arm, mouth, ankle.



** What's another way to refer to the whole arm? And the whole leg?*

b) Match the synonyms:

clavicle

scapula

sternum

spinal column

phalanges

thorax

tibia

femur

patella

thigh bone

backbone

kneecap

shin bone

chest

finger bones

breastbone

collar bone

shoulder blade

C) Speaking:

* *Which system of the body do the above belong to?*

* *What type of problems or injuries can these structures have?*

* *What is the specialty area in medicine that deals with these types of problems?*

2. Body systems

a) Match each description with one of the systems of the body:

<i>skeletal</i>	<i>digestive</i>	<i>respiratory</i>	<i>nervous</i>
<i>reproductive</i>	<i>urinary</i>	<i>muscular</i>	<i>circulatory</i>

1. The _____ system supports and protects, makes movement easier (with joints), stores minerals, and makes blood cells.
2. The _____ system brings about body movement, maintains posture, and produces heat.
3. The _____ system allows a person to communicate with the environment and integrates and controls the body.
4. The _____ system transports substances through the body and establishes immunity.
5. The _____ system exchanges oxygen from the air for the waste product carbon dioxide, which is eliminated from the body.
6. The _____ system breaks down food, absorbs nutrients, and excretes solid waste.
7. The _____ system cleans waste products from blood in the form of urine and maintains electrolyte balance, water balance, and acid-base balance.
8. The _____ system produces sex cells, allows transfer of sex cells and fertilization to occur, permits development and birth of offspring, nourishes offspring, and produces sex hormones.

Adapted from: http://en.wikipedia.org/wiki/List_of_systems_of_the_human_body

b) Speaking: Which of these systems do physios work with most closely? How?

3. Health and Illness

a) Name some common health problems / diseases / illnesses that you know in English

b) Now match the words to make collocations:

To feel.....	healthy
To catch a	diet
To develop.....	arthritis
To be fit and	health
To suffer a.....	sick
To be in poor	cold
To eat a balanced....	heart attack or stroke.

c) Choose the correct word to complete each sentence:

1. Her condition (deteriorated/ improved) and she died.
2. He (relapsed/ recovered) and was allowed to go home from hospital.
3. The patient made a full..... (recovery/ remission).
4. I have been in(poor/ good) health for months and feel very fit.
5. It was a month before I(got over/ got better) the illness.
6. He seems to be rather (unhealthy/ unwell) – his diet is bad and he never exercises.
7. He is being (treated/ healed) for a rare skin disease.
8. He made wild claims about being able to (heal/ cure) cancer.
9. I've broken my leg, but the doctor says it's a clean break, so it should (heal/ cure) easily.

(adapted from Glendinning, Howard: Professional English in Use – Medicine. Cambridge University Press, 2007.)

d) True or false? Answer and discuss the questions below:

1. Mumps and chicken pox are childhood diseases.
2. AIDS has been eradicated from the world.
3. Diabetes is a contagious disease.
4. Parkinson's disease is hereditary.
5. Flu is preventable.
6. Migraine is an incurable disease.
7. Congenital disorders are conditions existing at or before birth.

e) Give examples of the following:

A problem that can be **acute**:

A problem that is often **chronic**

A **serious** or **severe** health problem:

A **mild illness**:

A **degenerative disease**:

An **occupational injury**:

A **mental health disorder**:

A **life threatening illness**:

Homework task: Listening: Your body's real age

<https://www.youtube.com/watch?v=Nwfg157hejM>

Listen and answer the questions:

1. What are the parts of the body that are renewed frequently?
2. What are the parts of the body that last longer?
3. What is the part of the body that remains the same your whole life?

** We will discuss the answers next seminar*