

1 | Use either verb (in correct tense), adjective or noun to complete the sentence

- In your files: whole word highlighted = you have chosen the wrong word; ending or part highlighted = grammar/spelling mistake (not that important in this exercise)

EXPLANATION

- every czech sentence needs ONE **verb** (verbs will be highlighted with **blue**)
 - if there is no verb, use the verb
 - typically in past tense (you are reporting about what happened)
 - if there is a verb already, use either an adjective or a noun
- the **adjectives** need a noun to work with (**zlomená ruka**) (adjective will be underlined together with their nouns + highlighted in **red**)
- the **nouns** could be a subject (To je **bolestivá zlomenina** = it is a painful fracture), or object (Vidím **otevřenou zlomeninu**.) – nouns will be green

1. narazit si (verb = V) / naražené (adjective = A)

Na tréninku **jsem** si **NARAZIL** koleno.

Here the verb is missing → use the verb

If you see this verb (jsem, jsi, jsme, jste), it is almost always a sign of past tense. Look at the translation: I don't remember how I am _____ the knee. It can't be the verb of this sentence, since I can't be the bone. Therefore, use the past tense verb form.

Od pondělí **mám** **NARAŽENÝ** loket, hrál jsem fotbal.

Here, you already have the verb; and loket obviously needs its adjective. → use the adjective

2. naštípnout si (V) / naštípnutá (A)

Máte **NAŠTÍPNUTOU** vřetenní **kost**, pane Nováku.

Here, you already have the verb, and vřetenní kost needs its adjective. → use the adjective.

Sentence starts with MÁTE (you have) → accusative must be used (you are forming object). Kost = feminine → -OU ending is used.

(accusative was used also in previous case: mám naražený loket – but loket is masculine, therefore it doesn't change)

Nepamatuju si, jak **jsem** si tu **kost** **NAŠTÍPNUL** / **NAŠTÍPL**, mám amnézii.

Just like in 1. There are two possible past tense forms here, you can choose any of them.

3. natáhnout si (V) / natažený (A)

NATAŽENÝ sval může hodně bolet.

Follow the translation: [something] muscle can hurt. Verb is out of play, there is already one (může), two nouns together can't work (the latter one would have to be in genitive, but it is not this case) → adjective

sval = masculine → use Ý ending (it is nominative form, but it is the same for masculines in accusative)

V posilovně jsem si včera **natáhl SVAL** na krku.

My fault, this natáhl is already the answer (gap on wrong place). But again, verb is missing, verb must be used.

4. Zlomenina (noun = N) / zlomit (V) / zlomená (A)

To **je** moc ošklivá **ZLOMENINA**, paní Nováková.

First time a noun must be used. If you follow the translation, it says: It is a very ugly [word]. You can not use the verb, there already is one (je), you can not use the adjective, because it wouldn't make sense (it is very ugly good...?), plus adjectives most of the time need nouns.

Měl jsem **ZLOMENO** ruku a taky nohu.

Verb (měl) is here, gap before a noun → adjective

Při autonehodě **jsem** si **ZLOMIL** pánev.

Missing verb → verb

5. opařenina (N) / opařit si (V) / opařená (A)

OPAŘENINA je typický domácí úraz při vaření.

Follow the translation: [word] is a typical home injury.

Verb is there → no verb

Adjective or noun? Adjective are about noun, and there isn't any, so it must be noun.

Na **OPAŘENO** ruku **jsem** si **dal** studenou vodu.

Formal view: verb is here, noun is here → must be adjective

Translation view: I put cold water on my ____ hand. < adjective is the only option

Vařil jsem si čaj a **OPAŘIL** jsem si **kůži** na levé ruce.

A = and – after it, new sentence starts. As usually, verb is missing → use verb (in past tense: because auxiliary is there)

6. vykloubit si (V) / vykloubené (A)

Když jsem byl malý, dělal jsem karate. Jednou **jsem** si **VYKLOUBIL** palec u ruky.

As usually, verb is missing → use verb (in past tense: because auxiliary is there)

Pacient **měl VYKLOUBENÉ** rameno.

Verb is here, noun is here → adjective is missing.

7. vymknout si (V) / vymknutý (A)

Při fotbalu **jsem si VYKLOUBIL** kotník.

As usual, verb is missing → use verb (in past tense: because auxiliary is there)

VYKLOUBENÝ kotník **bolí** asi tři týdny.

Noun and verb are there → adjective is the only choice

8. vyrazit si (V) / vyražený (A)

Petr mi při boxu **VYRAZIL** zub.

verb is missing → use verb (in past tense: he did it)

Most of those injuries verbs are perfective (it happens to you once), so using present form = future tense doesn't make sense (it sound like a threat: He will knock my tooth off, if I...)

Jaromír Jágr **měl** v sezoně tři **VYRAŽENÉ** zuby.

Noun and verb are there → adjective is the only choice → zuby = plural → adjective in plural

9. omrzlina (N) / omrznout (V) / omrzlý (A)

OMRZLINA **může** být moc **bolestivá**.

adjective and verb are there → noun is the only choice

Při expedici na Antarktidu mi **OMRZLY / OMRZNULY** prsty u nohy.

verb is missing → use verb.

Unexpectedly, the subject is hidden almost at the end of this sentence (prsty → my toes got frostbitten during my expedition to Antartics) and since it is in plural, the verb must be in plural as well.

Petr jel do nemocnice, protože **měl OMRZLÝ** nos.

Noun and verb are there → adjective is the only choice

10. odřenina (N) / odřít si (V) / odřený (A)

Mám ODŘENÉ koleno.

Noun and verb are there → adjective is the only choice

ODŘENINA většinou **není** velký problém.

Follow the translation: [word] mostly is not a big problem. Looks like noun could work here. Another verb is impossible. And if you think about adjective, remember, that adjectives work with noun – and there is not any to attach to...

Spadl jsem z kola a **ODŘEL** jsem si loket.

verb is missing → use verb

11. Popálenina (N) / popálit (V) / popálená (A)

Na **POPÁLENOU** kůži je dobré dát krém.

Noun and verb are there → adjective is the only choice → accusative after preposition (kůže = feminine → ou)

Při grilování **jsem si POPÁLIL** levé stehno.

verb is missing → use verb

Pacient **měl POPÁLENY** na 90 % těla.

Verb is here, adjective can't be used since there is no noun to use it with → choose noun (in plural: with massive burns, we use it in plural; if it isolated – hand, finger..., singular is used)

12. Říznutí (N) / říznout se (V) / pořezaný (A)

ŘÍZNUTÍ do prstu obvykle moc **nekrvácí**.

Verb is here, adjective can't be used since there is no noun to use it with → choose noun

Na **POŘEZANÝ** prst **jsem si dal** náplast.

Noun and verb are there → adjective is the only choice

Dělal jsem salát a **ŘÍZNUL/ŘÍZL** jsem se do palce u ruky.

verb is missing → use verb

Note about VERBS

Most of those injuries verbs have **SI** or **SE**. It means that the injury is happening to (my)**SELF**. Czech language also doesn't use constructions „[any verb] MY head“, but „[any verb] head to mySELF“... see below.

Imagine: you are playing with a flamethrower (among other people)... what can possibly go wrong?

You burn yourself, your whole body...

- Popálil jsem **se** (=self in accusative)

You burn yourself, fortunately just legs (or any other part)...

- Popálil jsem **SI** (=self in dative) nohy = lit. I burnt legs to me

You burned David, whole David...

- Popálil jsem **Davidu** (accusative)
- Popálil jsem **ho** (on = he in accusative)

You burned just his legs...

- Popálil jsem **MU** (=he in dative) nohy = lit. I burnt legs to him

This is the only way we can refer to injuries. If you use the english way (something happened to MY leg...), then it is very unfortunate...

Compare:

Zlomil jsem **SI** ruku = I broke my arm (lit. I broke the arm to me; the arm is part of me, my body)

Zlomil jsem **MOJI** ruku = I broke my arm (with meaning: I have an arm, same way I have a car, it is not part of me, I just somehow have it – and I broke it)

2 | Fill in the gaps. Use the words (do not change them)

Common mistakes are commented there.

1. Petr hrál fotbal a **VYMKNUL** si kotník.

Why not: zlomil? Because you can't break a joint... you can break any of those bones there (I



googled them:

But of course, people use it 😊 because they don't know the bones names...

2. Minulý rok jsem byl na Matterhornu — měl jsem potom **OMRZLÝ** nos.
3. Eva vařila čaj a **OPAŘILA** si ruku.
4. Když jsem měl **VYKLOUBENÉ** rameno, nemohl jsem sportovat.
5. Připravoval jsem salát a **ŘÍZNUL** jsem se do prstu.
6. Spadl jsem z kola a **ZLOMIL** jsem si lýtkovou kost.

Why not: vymknul? Because you can't sprain a bone — only joints (rameno, koleno, kyčel, kotník, zápěstí, loket) or extremities (ruka, noha).

7. Ondřej pracuje jako hasič (*firefighter*), minulý týden si v práci těžce **POPÁLIL** ruku.
8. Moje dcera má tři roky, včera spadla v parku a **ODŘELA** si koleno.
9. Na rentgenu můžeme dobře vidět **NAŠTÍPNUTOU** kost.

Why not: zlomenina. Because you would say: we can a fracture a bone. Impossible to have two objects in accusative. You can have two nouns, but the latter one would be in genitiv: zlomenina kosti (a fracture of a bone)...

Why not: vykloubené. Of course you can dislocated bones on X-ray, but kost = feminine, adjectives take -ou ending → vykloubenou kost (and that's not the form in the box)

10. Pacient měl autonehodu a úraz nohy. Byla vidět kost — byla to otevřená **ZLOMENINA**

3 | Match

- | | |
|-------------------|------------------|
| 1. ošetřit H | A. stehy |
| 2. poskytnout B/F | B. umělé dýchání |
| 3. poskytnout B/F | C. ránu |
| 4. dát nohu K | D. dýchací cesty |
| 5. podat L | E. masáž srdce |
| 6. provést E | F. první pomoc |
| 7. přinést J | G. sanitku |
| 8. sešít C | H. zranění |
| 9. sundat I | I. sádro |
| 10. uvolnit D | J. nosítka |
| 11. vyndat A | K. do sádry |
| 12. zavolat G | L. infuzi |

4 | Fill in (there two extra options)

EXTRA: přejít, odřít

1. **říznout se** do prstu
2. **omdlít** z bolesti
3. **sundat** obvaz
4. **chladit** opařenou nohu
5. **opařit se** horkou vodou
6. **zašít** hlubokou ránu
7. **dýchat** zhluboka
8. **vyndat** stehy