

## **Wstep**

### **Unit 1. PHYSIOTHERAPY, PHYSIOTHERAPISTS AND THEIR PATIENTS**

What is physiotherapy?

Specialties in physiotherapy

Parts of the human body

Patients and their problems

Patients' opinions

### **Unit 2. THE SKELETAL SYSTEM**

Bones of the human skeleton: medical and common names

Plural nouns of Latin origin

Describing bones

Adjectives describing anatomical position

Bone structure

Osteoporosis

### **Unit 3. THE JOINTS**

Types of joints

Synovial joint structure

Osteoarthritis: changes in the joints

Range of motion (ROM) movements: evaluation and exercises

Osteoarthritis: patients' complaints

Exercises to prevent joint stiffness and maintain function

### **Unit 4. THE BODY MUSCLES**

Skeletal muscles

Major muscles

Body movements

Muscle malfunction

Evaluating muscle tone and strength

Massage

Strength-training exercises

Movements produced by major muscles

### **Unit 5. THE BACK**

The vertebral column

Directions of movement

Posture

Common causes of back pain

Asking and answering questions about back pain

Back pain exercises

Sciatica

Exercises to prevent low back pain

### **Unit 6. MUSCULOSKELETAL INJURIES**

Fractures

Taking care of a cast and rehabilitation

Dislocations, sprains and strains

Sports injuries

Ambulation exercises and walking aids

A "smart" crutch

### **Unit 7. PAIN**

Definitions and general descriptions of pain

Aches and pains

Quality, severity and duration of pain

Subjective examination (assessment of pain)

Pain intensity scales

Pain treatments

### **Unit 8. THE HEART AND CARDIOVASCULAR FITNESS**

The heart and circulation

Symptoms and signs of cardiovascular disorders

Common cardiovascular disorders

Obtaining information about the patient's fitness

Cardiovascular fitness

Developing and measuring physical fitness

### **Unit 9. THE RESPIRATORY SYSTEM**

The organs of respiration

The path of inhaled air

The chest

Inhalation and exhalation

Lung volumes

### **Unit 10. DIFFICULTIES BREATHING**

Causes and symptoms of respiratory problems

Shortness of breath

Wheezing

Cough

Asking patients about their respiratory problems

### **Unit 11. PULMONARY REHABILITATION AND CHEST PHYSIOTHERAPY**

Pulmonary rehabilitation

Chest physiotherapy: four techniques

Breathing exercises

Incentive spirometry

Instructions for patients

Chest physiotherapy in cystic fibrosis

### **Unit 12. INTRODUCTION TO NEUROPHYSIOTHERAPY**

The brain

Changes in consciousness

Paralytic conditions

Neurological physiotherapy

Spasticity

Stroke

The spinal cord and its injuries

Bell's palsy

### **Appendix 1. ANSWER KEY**

### **Appendix 2. TAPESCRIPTS**

### **Appendix 3. WORDLIST**

### **Appendix 4. BODY MOVEMENTS. INSTRUCTIONS FOR EXERCISES**

### **Appendix 5. PRESENTATIONS AND POSTERS**

### **REFERENCES**