
Unit 11**Definition of Physiotherapy****1. Warm-up****A LETTER GAME**

What begins with a T, ends with a T, and has T in it?

Answer: *teapot*

2. Reading**Task 1**

It was written in some article that regular exercise temporarily tires the body but then actually gives it more energy. This is why many people who suffer from general tiredness can benefit from taking more exercise rather than more rest. Do you agree that we all need exercise?

Physical therapy (also known as physiotherapy) is a health profession concerned with the assessment, diagnosis, and treatment of disease and disability through physical means. It is based upon principles of medical science, and is generally held to be within the sphere of conventional (rather than alternative) medicine. Physiotherapy is practiced by physiotherapists (also known as physical therapists). Physiotherapy originated from massage performed by nurses at the end of the 19th century. Nowadays it is a branch of rehabilitative health that uses specially designed exercises and equipment to help patients regain or improve their physical abilities. It is a distinct form of care which can be performed both in isolation or in conjunction with other types of medical management. Used in conjunction with certain medical or surgical techniques, physiotherapy can complement these techniques to help provide a speedy and complication-free return to normal activity.

Physiotherapy goal is to enhance a life through improved health and fitness, by encouraging a person to take charge of the health and teaching techniques for recovery, pain relief, injury prevention, and improved physical movement. The core skills of physiotherapists include manual therapy, therapeutic exercise and the application of electrophysical modalities. Physical therapists work with many types of patients, from infants born with musculoskeletal birth defects, to adults suffering from the backpain or the defects after injury, to elderly post-stroke patients. Many physiotherapists also work with sports people.

Assessment

Many specialists begin physiotherapy with an assessment of the patient's condition. This typically includes a review of a patient's medical history and a physical examination. Physiotherapists often consider the medical history review a subjective examination, since the patient's opinions or past experiences may influence it. They consider the physical examination, however, to be more objective, as observable and verified symptoms are the

primary concern. The assessment stage may, in some cases, involve diagnostic tests to better evaluate the patient's condition and develop an effective treatment plan.

Diagnosis

Once testing is complete, then physiotherapists look at the results to determine the problems facing their patients. This can range from fairly minor issues, such as pulled or damaged muscles, to severe injuries or nerve damage that causes pain and lack of mobility. Other specialists may be consulted in physiotherapy to determine the best, comprehensive course of action for a patient, though this depends on the situation.

Treatment

Treatment is guided by the findings of the assessment. Based on the unique needs of the patient, physical therapists may employ various physiotherapeutic treatment options. Such methods can include musculoskeletal, cardiopulmonary, and integumentary or "skin-based" physiotherapy techniques. Physiotherapeutic treatment methods are constantly evolving as the field grows.

Common forms of treatment can include massage and the use of heat or cold to relax and help heal muscles. Mild electric shocks can also be used to stimulate muscles, which can help in recovery for some individuals. Recovery from accidents or surgery can require very restrained forms of treatment, to ensure further damage is not caused; physiotherapy often relies on patience while waiting for muscles and bones to recover.

Additional Treatments and Methods

In addition to the physiotherapeutic methods used in treatment, physical therapists often provide patients with guidance for using things like walking devices and mobility aids. This can include helping someone learn to use a wheelchair or adapt to the loss of limbs or paralysis during recovery. Good hard work of physical therapists help patients stay informed about their particular conditions and required treatments. Patient education is often an element key in the success of physiotherapy.

Manipulative physiotherapy is the term used to describe the field of physiotherapy practice which relates to disorders of the musculoskeletal system. Physiotherapists treat: back and neck pain, muscle strains, spasms and contusions, joint injuries, tendinitis and bursitis, muscle imbalance or weakness. **Hydrotherapy** is a form of physiotherapy treatment conducted in a heated pool. Movement in water is easier than on land. The effects of turbulence and buoyancy, combined with warm water, helps reduce pain and muscle spasm. **Electrotherapeutic treatments** (as ultrasound, iontophoresis, galvanisation, diadynamic therapy, magnetfield therapy) improve circulation, ease pains, stimulate metabolism and relax the musculature.

There are three main fields of practice within the discipline of physiotherapy: musculoskeletal, neurological and cardiorespirological. **Musculoskeletal physiotherapy** causes or accelerates healing of soft-tissue injury and seeks to maximize the rate of safe return to function. **Neurological physiotherapy** accelerates and optimized the return to normal movement and function after a stroke, traumatic brain injury, or other neurological illness, and maximizes functional ability for spinal cord injured patients. **Cardiorespirological physiotherapy** seeks to improve breathing and prevent lung infection for those with respirological conditions.

Traditional physiotherapy requires physiotherapists to be trained in and practice: massage and manipulation, exercise and movement, health physical education, electrotherapy, etc. Now physiotherapists are developing their skills further and practice in: acupuncture, acupressure, Alexander technique, aromatherapy, craniosacral therapy, reflex therapy, etc.

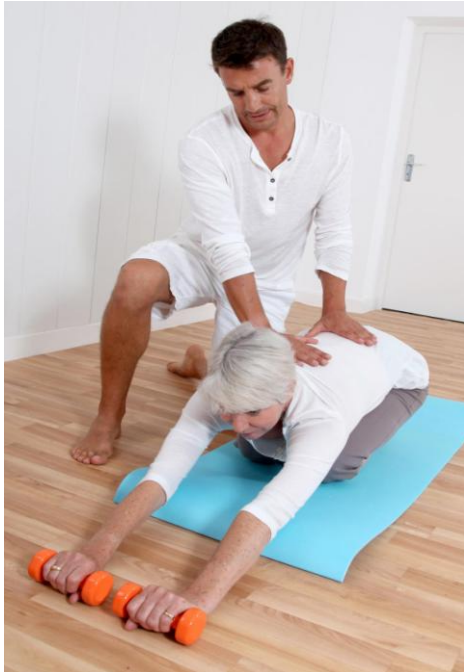


Figure 11 Rehabilitation equipment <http://www.emsphysio.co.uk/rehabilitation-equipment.php>

Task 1

Read the text again. Find and translate sentences using –ing forms into Slovak language.

Task 2

Decide whether the following statements are true or false:

1. Physiotherapy originated from massage performed by nurses at the end of the 17th century.
2. Manipulative physiotherapy is the term used to describe the field of physiotherapy practice which relates to disorders of the musculoskeletal system.
3. Movement in water is more difficult than on land.
4. Physiotherapy can be useful in the planning of injuries, disease processes, and other conditions.
5. The core skills of physiotherapists include manual therapy, therapeutic exercise and the application of electrophysical modalities.

Task 3**Answer the questions.**

1. Can you name any other new techniques used in modern physiotherapy? (Describe them shortly.)
2. What traditional methods of physiotherapy do you know?
3. What is the main goal of physiotherapy?

3. Grammar Presentation**Information questions*****Questions with when, where, why and how.***

To begin a question with these words, use verb-subject word order, and place the question word before the verb, e.g. *Why is a waiting room in hospital full of patients?*

Questions with who, what and which.

Who, what and which can act as the subject of the sentence, so there is no need for an extra auxiliary verb, e.g. *What colour do you like?*

Task 1**Rewrite the questions and statements below, turning them into information questions.**

1. Did a doctor send a patient to the X-ray department? (Why)
2. Does a patient take pills? (When)
3. Can a doctor examine a patient? (How)
4. English language is easier than French language. (Which)
5. A waiting room is full of patients. (What)

Task 2**At the doctor's****Put the sentences into the correct order. Write the numbers from 1-10.**

- Goodbye.
- Next please.
- Let's have a look at it. Can you turn your head, please?
- Thank you, doctor.
- I've got something wrong with my ear. It hurts and it's very red.
- Come back next week. Goodbye.

- Good morning, doctor.
- Here's a prescription for some medicine. Take one tablet every six hours.
- Hmm, yes. You've got an infection here.
- Good morning. What can I do for you?

4. Communication Activity

(Role-play)

Simulate a doctor – patient dialogue with your neighbour. The patient complains of various pains and problems in the neck. The doctor has to find out what the patient diagnosis is and advise him what to do.

Vocabulary

accelerate [ək'seləreit] – zrýchliť, urýchliť
 acupressure [ækjupreʃə] – akupresúra
 acupuncture [ækjupaŋkčə] – akupunktúra
 airway [eəwei] – dýchacia cesta, priedoch
 amputee [æmpju'ti:] – pacient po amputácii
 anatomy [ə'nætəmi] – anatómia, teloveda
 aromatherapy [ærə'mæθerəpi] – arómatéria
 assessment [ə'sesmənt] – stanovenie, určenie
 base [beis] – nízky, základňa, zakladat'
 buoy [boi] – bója, záchranný pás
 buoyancy [bjuəvənsy] – vzostupný trend, vztlak
 bursitis [bə:'saitis] – burzitída, zápal burzy(šľachového vaku)
 cardiorespirological [kæriə'respirələdʒikl] – kardiorespiračný
 care [keə] – starostlivosť
 condition [kən'diʃn] – stav
 contusion [kən'tju:ʒn] – zmliaždenie, kontúzia
 core [ko:] – jadro, ohryzok
 craniosacral [kreiniə'seikrəl] – kraniosakrálny
 developmental [di'veləp'mentl] – vývojový
 diagnose [daiəgnəuz] – diagnostikovať
 electrophysical [i'lektɹə'fizikl] – elektrofyzikálny
 electrotherapy [i'lektɹə'θerəpi] – elektroterapia
 encourage [in'karidʒ] – povzbudiť
 enhance [in'he:ns] – zvýšiť, zväčšiť
 geriatric [dʒeri'ætrik] – geriatrický
 handle [hændl] – manipulovať, rúčka
 heal [hi:l] – liečiť sa, zahojiť sa
 hydrotherapy [haidrə'θerəpi] – hydroterapia, vodoliečba
 imbalance [im'bæləns] – nerovnováha, zlá kondícia
 impair [im'peə] – poškodiť, oslabiť, znížiť
 incontinence [in'kontinəns] – inkontinencia
 maintenance [meintənəns] – udržanie, zachovanie
 manipulative [mə'nipjuleitiv] – manipulačný
 manual [mənjuəl] – príručka, manuál
 massage ['mæsa:ʒ] – masáž
 maximize [mæksimaiz] – maximalizovať
 mobility [mə'biləti] – mobilita, pohyblivosť
 modality [mə'dæləti] – prispôsobivosť
 neurological [njuərə'dʒikl] – neurologický
 optimize [optimaiz] – optimalizovať
 performance [pə'fɔ:məns] – uskutočnenie
 physiotherapy [fiziə'θerəpi] – fyzioterapia, fyzikálna liečba
 postural [pə'stʃərəl] – postojový
 posture [pə'stʃə] – postoj, držanie tela
 profession [prə'feʃn] – povolanie
 range [reindʒ] – rozsah, pásmo
 recovery [ri'kavəri] – vyliečenie, zotavenie

reflextherapy [ri:fleksθerəpi] – reflexná terapia
rehabilitation [ri:əbili'teiʃn] – rehabilitácia
respirological [respirə'rolodʒɪkl] – respirologický
restore [ris'to:] – obnoviť, reštaurovať
restoration [restə'reiʃn] – obnovenie, vyliečenie
sciatica [sai'ætikə] – ischias, zápal sedacieho nervu
strain [streɪn] – natiiahnutie, napnutie
strengthen [strenθən] – pevný
stroke [strəʊk] – mŕtvica
tendinitis [tendə'naitis] – zápal šľachy
turbulence [tə:'bjuləns] – turbulencia, vírenie
weakness [wi:knis] – slabosť