

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

BEFORE YOU READ

EXERCISE 1.

Połącz wyrazy w kolokacje.

piriformis
cluster of
lower
sciatic
sedentary
reflex

limbs
syndrome
lifestyle
reactions
nerve
pain symptoms



EXERCISE 2.

Dopasuj kolokacje z ćwiczenia nr 1 do polskich tłumaczeń.

POLISH

ENGLISH

1. zespół mięśnia gruszkowatego –
2. zespół objawów bólowych –
3. kończyny dolne –
4. nerw kulszowy –
5. siedzący tryb życia –
6. reakcje odruchowe –

EXERCISE 3.

Przetłumacz brakujące słowa i zwroty.

1. A (siedzący) lifestyle could very well be among the 10 leading causes of death and disability in the world¹.
2. The therapist positions patient's lower (kończyna) in internal rotation.
3. Sciatica occurs when the (kulszowy) nerve is irritated or compressed.
4. It is said that stretching exercises combined with self-myofascial release are effective in treating the (gruszkowaty) syndrome.

WHILE READING

EXERCISE 4.

Wybierz poprawny przyimek.

Abstract

Piriformis Syndrome (PFS) is defined as a cluster (1) **of/in** pain symptoms located (2) **in/on** the lumbar and gluteal areas, **radiating** towards lower limbs. PFS is often **misdiagnosed** as sciatica, and can lead (3) **by/to** chronic pain, scarring of the sciatic nerve or, and in extreme cases, to sciatic nerve paralysis. Among the causes of PFS we can distinguish reflex reactions to overload often resulting (4) **from/to** incorrect body posture, **sedentary lifestyle**, or incorrect muscle training techniques. The aim (5) **of/on** this paper was to highlight the diagnostic methods and examples of stretching exercises along with self-myofascial release, which can be used to effectively treat piriformis syndrome².

AFTER READING

EXERCISE 5.

Czy te zdania są prawdziwe (true) czy fałszywe (false)?

TRUE / FALSE

1. Piriformis Syndrome (PFS) is often misdiagnosed as sciatica.

TRUE / FALSE

2. PFS never leads to scarring of the sciatic nerve.

TRUE / FALSE

3. Incorrect body posture can lead to PFS.

EXERCISE 6.

Wstaw słowa z listy w odpowiednie luki.
Nie zmieniaj formy podanych wyrazów.

MISDIAGNOSED | PARALYSIS | EXERCISES | TREAT | RADIATING

1. Pain towards the lower limb may indicate sciatica.
2. In case something disrupts nerve signals to muscles, you may experience
3. Sciatica is often as hip pain, lower back pain, bursitis, or piriformis syndrome.
4. Strengthening are designed to increase the strength of specific muscles or groups of muscles.
5. A physiotherapist can different conditions and injuries.

EXERCISE 7.

Odpowiedz na pytania. Sprawdź w słowniku słowa, których nie znasz, a które są potrzebne do wyrażenia twoich myśli.

1. Where does the piriformis muscle originate from?
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2. What movements is the piriformis muscle responsible for?
.....

3. Do you have any experience working with PFS?
.....

4. What treatment options would you suggest in case of PFS?
.....

5. What is sciatica?
.....

