UCZ SIĘ ANGIELSKIEGO Z "GŁOSEM FIZJOTERAPEUTY"

BEFORE YOU READ

EXERCISE 1.

Odpowiedz na pytania.

- 1. What is pelvic floor physiotherapy?
- 2. Do you specialize in pelvic health?
- 3. Is pelvic health just about somebody's pelvis?



EXERCISE 2.

Przyporządkuj słowa do odpowiednich nagłówków.

INVOLUNTARY, URINARY INCONTINENCE, CAVITY, PELVIC, PRESSURE, THERAPEUTIC, VAGINA, CHILDBIRTH, ABDOMINAL, GLUTEAL

Przymiotnik (jaki? jaka? jakie?)	Rzeczownik (kto? co?)

	POLISH	ENGLISH
1. r	niezależny od woli –	
2. r	nietrzymanie moczu –	
3. j	ama –	
4. r	miedniczny –	
5. c	ciśnienie, nacisk –	
6. t	erapeutyczny –	
7. p	oochwa –	
8. p	ooród –	
9. k	orzuszny –	
10. p	oośladkowy –	

EXERCISE 4.

Połącz słowa z ich definicjami.

- 1. urine
- 2. deterioration
- 3. cavity
- 4. obesity
- 5. urethra

- a. the process of becoming progressively worse
- b. a hollow space within a person's body
- c. a watery, typically yellowish fluid stored in the bladder
- d. the final part of your urinary system; the tube through which urine leaves the body
- e. the state of being extremely fat or overweight





EXERCISE 5.

Przeczytaj tekst i wstaw usunięte z niego fragmenty w odpowiednie miejsca.

- a. deterioration of their health
- b. are weakened in women with
- c. the creation of abdominal pressures
- d. 25% and 45%
- e. According to

Introduction

The prevalence of unitary incontinence in women is estimated to be between it.
occurrence of involuntary urine leakage significantly impairs the comfort of patients' life, negatively
affects their social relations, leads to the abandonment or restriction of physical activity, and
consequently, to the 2
considered to be pelvic floor muscle weakening2. The most important functions of the pelvic floor
include supporting the pelvic floor organs and the abdominal cavity (especially in the habitua
position), closing the urethral lumen, and participating in 33. The pelvic floor
muscles condition the processes of micturition and defecation and stabilize the lumbar spine4. The
main causes of pelvic floor muscle weakening include childbirth, lowering of the small pelvic organs
obesity, age, involutional changes in the lower urinary tract area associated with aging, hormona
imbalance, and heavy physical work ^{1,2} . When the pelvic floor muscles 4.
paravesical part of the urethra is displaced beyond the abdominal pressure area, which disturbs the
pressure gradient within the lower urinary tract and consequently leads to involuntary discharge of
urine during the urine collection phase ⁵ . 5. the International Continence Society
(ICS) recommendations, preventative treatment, including pelvic floor muscle training, is suggested in
the early stages of diagnostic and therapeutic management ^{6,7} .
Notes



EXERCISE 6.

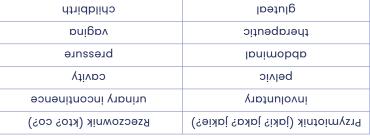
Uzupełnij zdania słowami:

•					•
_	> who	– który, która, które	e, którzy, itd. – w odniesieniu d	o <u>osób</u>	
_	> which	– który, która, które	e, którzy, itd. – w odniesieniu d	o <u>rzeczy</u>	
_	> where	– gdzie, w którym –	w odniesieniu do <u>miejsca</u>		1
_	> whose	- których, którego,	której – określa przynależność		
	> what	- co			
•	• • • • • • • • • • • • • • • • • • • •				
1.		•	, was significantly greater in red to women in the control gr		exercised
2.	Studies in for the revie		were conducted in both grou	ps and individually we	ere eligible
3.	The analysi	is revealed that 14.5% o	of women did not know	Kegel exercises	were ⁶ .
4.	She left her	patient by the door	the nurse were alre	ady waiting.	
5.	She has a o	ne-year-old child	first word was mame	a .	
No	otes				

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10. boşlaqkom) – gluteal	5. whose.
9. brzuszny – abdominal	4. where,
8. poród – childbirth	3. what,
У. росһwa – vagina	2. which,
6. terapeutyczny – therapeutic	'oym '[
2. ciśnienie, nacisk – pressure	Exercise 6.
4. miedniczny – pelvic	- ,
3. jama – cavity	1d, 2a, 3c, 4b, 5e.
2. nietrzymanie moczu – urinary incontinence	Exercise 5.
1. niezależny od woli – involuntary	J c' 5a' 3p' √e' 2q.
Exercise 3.	Exercise 4.
aluteal chi	ldbirth



Exercise 2.

Klucz odpowiedzi:

