

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

BEFORE YOU READ

EXERCISE 1.

Jedynie w 3 z poniższych słów wymawiamy **litery PS**.
Wskaż te słowa. Mów na głos, będzie ci łatwiej zdecydować.

psychosomatic | iliopsoas | psychological | biopsychosocial | psychiatry
capsular | psyche | psychotherapy | grasp

Notes

EXERCISE 2.

Odpowiedz na pytania.



Przypominam: Ćwiczenie pisania jest istotnym elementem w nauce języka.

1. What are psychosomatic disorders?

2. Which muscles are particularly susceptible to stress stimuli?

WHILE READING

EXERCISE 3.

Przeczytaj tekst i sprawdź, czy twoje odpowiedzi są zbliżone do tych z ćwiczenia nr 2.

Abstract

Background: Psychosomatics is a widely used term, but its meaning is not standardized. This concept combines the bidirectional **influence** of the emotional state and the body. An issue closely related to psychosomatics is stress, which can directly affect mental health, **resulting in** reactions such as the breakdown of muscle **proteins** or changes in muscle reactivity. Research has identified muscles that are particularly **susceptible** to emotional **stimuli**, such as the facial muscles, trapezius, and **diaphragm**. Therefore, the patient's therapy should aim at relaxing selected muscles¹.

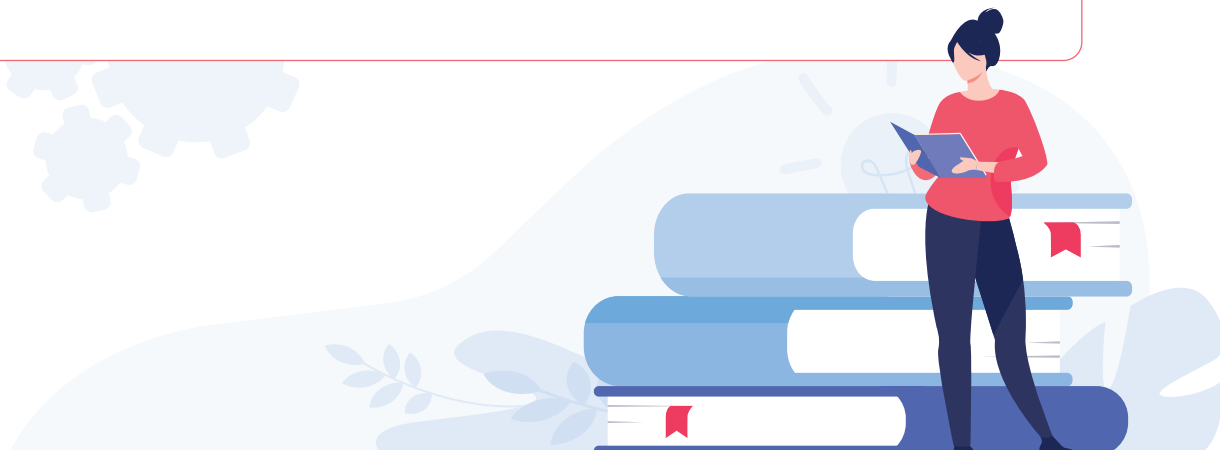
EXERCISE 4.

Połącz pogrubione słowa z ćw. 3 z ich polskimi tłumaczeniami. W razie potrzeby zmień formę.

POLISH

ENGLISH

1. **wpływ, oddziaływanie** –
2. **przepona** –
3. **poskutkować, powodować** –
4. **bodźce** –
5. **białka** –
6. **podatny** –



EXERCISE 5.

Przeczytaj fragment artykułu i przetłumacz wyrazy w nawiasie na język angielski¹.

The researchers suggest that increased facial muscle activity is involved in the experience of stress. It is determined mainly by the trigeminal facial nerves and the presence of a large number of both efferent and afferent 1. (włókna) [2,3]. The result of the activation of these 2. (struktury) under **chronic** stress or depressed **mood** is an increase in the muscle bioelectrical activity, which can be described as an accumulation of tension within these muscles [4]. Researchers distinguish Facial muscles especially often as the most sensitive to the emotional state. (...) [5-10].

The trapezius 3. (mięsień) is also considered to be highly **responsive** to emotional factors. Psychosocial stress has been shown to affect several aspects of human motor control related to the fight or flight response [30-33], including increased upper trapezius activity [34-36]. It should be noted that its **innervation** comes from the accessory nerve (XI cranial nerve), which by its efferent 4. (właściwości) is responsible for the state of muscle tension. Research suggests that psychosocial stress in people with anxiety causes more increased trapezius activity than in people without anxiety or distress [37], and its activity state is closely related to emotional state [36,38].

On the other hand, the diaphragm has many functions, including being 5. (odpowiedzialna) for maintaining systemic biochemical and emotional balance [39]. Diaphragm function is not only controlled by metabolic demands, but also by emotional states such as sadness, fear, **anxiety**, and anger [39]. The researcher does not provide a clear definition of metabolic requirements. One can speculate that the researcher refers to the 6. (złożone) physiological reactions occurring in the higher centers of the brain that control the rate and frequency of **breathing**. There is a close relationship between emotions, breathing, and baroreceptor intervention [40].

EXERCISE 6.

Połącz słowa zaznaczone w tekście z ich definicjami.

1. **chronic**

2. **mood**

3. **responsive**

4. **innervation**

5. **anxiety**

6. **breathing**

a. **persisting for a long time**

b. **taking air into your lungs and releasing it**

c. **reacting quickly and well to something or someone**

d. **the way you feel at a particular time**

e. **an uncomfortable feeling of nervousness or worry**

f. **the process of supplying nerves to an organ or part of the body**

