

EXERCISE 1.

Czy poniższe określenia opisujące staw biodrowy są prawdziwe?
Zaznacz **YES** lub **NO**.

- | | | | |
|---|--|-----|----|
| 1 | It is a ball and socket synovial joint. | YES | NO |
| 2 | It connects the pelvic girdle to the lower limb. | YES | NO |
| 3 | It is a hinge joint. | YES | NO |
| 4 | It is extremely strong. | YES | NO |
| 5 | It receives innervations from the femoral nerve. | YES | NO |
| 6 | It is a non-weight bearing joint. | YES | NO |

Notes

EXERCISE 2.

Wybierz właściwe słowo, by stworzyć logiczne i poprawne gramatycznie zdanie.²

1. Developmental dysplasia of the hip (DDH) is characterized by abnormalities occurring between the femoral head and **acetabulum / patella** with often associated joint capsule flaccidity.
2. The risk of DDH also depends on environmental and cultural **articulations / factors** related to how an infant is cared for and carried.
3. A correct physical examination should include checking for differences in the length of the lower limbs, lack of symmetry of the femoral or **gluteal / thigh** sulcus, as well as Ortolani and Barlow test.
4. Another sign of a dislocated hip joint is a **additional / positive** Galeazzi sign manifested by an apparent limb length discrepancy.
5. Ultrasound is a commonly used method of diagnosis because it provides detailed static and dynamic **vision / imaging** of the hip joints even before the femoral head ossifies.

EXERCISE 3.

Przetłumacz polskie części zdania na język angielski.
Wybierz słowa z listy. Sprawdź w słowniku te, których nie znasz².

gluteal sulcus | flaccidity | physical examination | dislocated
length discrepancy | femoral head

1. The Ortolani test involves guiding the (głowa kości udowej) **back into the acetabulum (reduction of hip dislocation).**
2. Diagnosis of DDH includes (badanie przedmiotowe) **using clinical tests, as well as X-ray and ultrasound imaging.**
3. The (bruzda pośladkowa) **is that area just under your buttock which indicates possible hip dysplasia.**
4. It should be emphasized that there is no justification for performing ultrasound before 3-4 weeks old in newborns with suspected DDH, due to physiological (wiotkość), which usually disappears by the age of 6 weeks.
5. Reduction of the (zwichnięty) **hips with the Tübingen hip flexion splint in infants.**
6. Another sign of a dislocated hip joint is a positive Galeazzi sign manifested by an apparent limb (dysproporcją długości).

WHILE READING

EXERCISE 4.

Przeczytaj fragment artykułu i wybierz odpowiedni przyimek.
Następnie zaznacz, czy te zdania są prawdziwe (**TRUE**), czy fałszywe (**FALSE**)²?

Pavlik harness (PH) is the most common method used to treat Developmental dysplasia **1. of / on** the hip (DDH). It allows **2. to / for** hip and knee joint movement, with the hip joints positioned in flexion and abduction, making it easier to care **3. by / for** the child without having to remove the orthosis.

In a study conducted by Omeroglu et al. treatment with PH was effective **4. in / on** 71% of patients. The authors pointed out a high failure rate in the following cases: starting treatment when the infant is 120 days old, and **5. in / of** the treatment of hip joints with severe acetabular bone defects. Treatment success rate, in children younger than 3 months old, was more than 90%, but this figure dropped to about one-third in patients older than 5 months. The threshold value that increases the rate of treatment failure with PH is an infant's age **6. in / of** 4 months or more.

1. Pavlik harness is a frequently used method used to treat Developmental dysplasia.	TRUE / FALSE
2. According to Omeroglu et al. it is better to start treatment with PH before the child is 4 months old.	TRUE / FALSE

EXERCISE 5.

Przeczytaj fragment tekstu i zaznacz czy te zdania są prawdziwe (TRUE) czy fałszywe (FALSE)²?

Conclusions

(...) There are no clear criteria for choosing a specific DDH **treatment**. Given the lack of strong scientific evidence on the effectiveness of particular methods, the physician's decision should depend mainly on personal experience with a particular tool, the severity of the disorder, the child's age, the presence of possible muscle **contractures**, and the cooperation with the parents of a treated infant. Due to frequent and spontaneous resolution of DDH in early infancy and **rapid** changes in ultrasound indices during the first 12 weeks, observation alone may be as effective as the use of orthoses in this population. Based on the existing literature, the following questions require advanced examination: does the Pavlik method serve as the first choice method for treating Type IV hip joints according to the Graf scale and is it the best choice for **conservative** treatment of DDH.

1. The decision on which therapy to choose depends on many factors.	TRUE / FALSE
2. During the first 12 weeks observation may be enough.	TRUE / FALSE

EXERCISE 6.

Połącz pogrubione słowa z ćw. 5 z ich tłumaczeniami.

1. **treatment**
2. **contracture**
3. **rapid**
4. **conservative**

zachowawczy
przykurcz
terapia, leczenie
szybki, gwałtowny



AFTER READING

CZASOWNIK SHOULD

Czasownik **should** to czasownik **modalny**, który służy do wyrażania powinności oraz formułowania rad. Ma on zawsze jedną formę, bez względu na osobę. Bezpośrednio po nim stawiamy czasownik w bezokoliczniku. Przeczenie powstaje poprzez dodanie not **(should not)**, a pytanie przez szyk przestawny.



Zobacz kilka przykładów z artykułu:



Clinicians **should** follow evidence-based medicine (EBM) and evidence-based practice (EBP).



The reduction of deformed hip joints **should not** be treated in a forced manner and with extreme positions.



Parents of such patients **should** be informed of the high risk of treatment failure.

EXERCISE 7.

Wstaw w luki odpowiednią formę czasownika **should**.

1. Patients' families be properly trained to use the Frejka pillow.
2. The reduction of deformed hip joints be treated in a forced manner and with extreme positions.
3. Physiotherapy for hypermobility involve treatment of pain symptoms, postural re-education and close kinetic chain exercises.
4. The Tübinger splint cause discomfort.
5. When pain from hip dysplasia is severe, you consult your doctor.

Notes

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Bibliografia:

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2. Ostrzyżek-Przeździecka K., Gąsior J. S., Ferenstein M., Tekień E., Stańczyk M. J., Piotrowski T., Non-invasive methods of treating hip dysplasia in infants – a scoping review, Physiotherapy Review, 2022, 26(4), 18–32.

Klucz odpowiedzi:

Exercise 1. 1. YES, 2. YES, 3. NO, 4. YES, 5. YES, 6. NO

Exercise 2.

1. acetabulum, 2. factors, 3. gluteal, 4. positive, 5. imaging

Exercise 3.

1. femoral head, 2. physical examination, 3. gluteal fold, 4. flaccidity, 5. dislocated, 6. length discrepancy

Exercise 4.

• 1. of, 2. for, 3. for, 4. in, 5. in, 6. of
• 1. 1, 2. 1

Exercise 5.

1. 1, 2. 1

Exercise 6.

1. terapia, leczenie, 2. przykurcz, 3. szybko, gwałtowny, 4. zachowawczy

Exercise 7.

Zadanie otwarte.

