

# UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

## BEFORE YOU READ



### EXERCISE 1.

Jakich liter brakuje w poniższych słowach?

1. R\_EUMA\_OID ART\_RI\_IS –  
reumatoidalne zapalenie stawów
2. C\_RONI\_ – przewlekły
3. INFLA\_M\_TORY – zapalny
4. \_NNECTI\_E TI\_SU\_ – tkanka łączna
5. D\_S\_UNCTI\_N – dysfunkcja
6. \_OIN\_ – staw
7. DE\_EN\_RAT\_ON – zwyrodnienie

### EXERCISE 2.

Ułóż wyrazy w odpowiedniej kolejności, by stworzyć logiczne i poprawne gramatycznie zdania!

1. Physiotherapy | role | the treatment | a key | of | plays | in | RA  
Physiotherapy ..... RA.
2. The | in | begins | the synovium | of | disease | the joints  
The ..... joints.
3. RA | symmetric | characterized | by | joint | is | involvement  
RA ..... involvement.
4. Surgical | play | operations | role | in | the treatment | of | deformed | a significant | joints  
Surgical ..... joints.
5. Each | lapse | subsequent | the disease | limits | significantly | patient | functioning | of  
Each ..... functioning.

### EXERCISE 3.

Przetłumacz polskie części zdania na angielski<sup>1</sup>.

1. After consultation at the orthopedic outpatient clinic in September 2003, .....  
..... (**pacjent została przyjęta**) to the orthopedic ward.
2. The patient underwent ..... (**rehabilitacji pooperacyjnej**) during his hospital stay.
3. The subject of the study was a ..... (**czterdziestojednoletni**) man suffering from RA.
4. .... (**Ból i obrzęk**) initially concerned the big toe of the right foot and the PI-PII joints of both hands.
5. The diagnoses were directed towards ..... (**dny moczanowej**), but this treatment did not bring any ..... (**poprawy**).

### EXERCISE 4.

Przeczytaj fragment artykułu o reumatoidalnym zapaleniu stawów i wstaw usunięte z niego fragmenty w odpowiednie miejsca<sup>1</sup>.

new criteria | inflammatory process | false positive diagnosis  
synovitis and inflammation | clinical significance

## Introduction

Rheumatoid arthritis (RA) is a chronic inflammatory systemic disease of the connective tissue and is characterized by the occurrence of symmetrical inflammation. The disease begins in the synovium of the joints, leading to the destruction of joint tissues. The **1.** ..... most often occurs in and leads to dysfunction of the joints of the hand. RA is characterized by symmetric joint involvement and is one of the most common joints diseases<sup>3</sup>. **2.** ..... for the classification and diagnosis of RA were proposed in 2010 by experts from the American College of Rheumatology (ACR) and the European League Against Rheumatism (EULAR) and are characterized by greater diagnostic sensitivity, which enables earlier diagnosis and implementation of effective treatment of the disease. Due to **3.** ....., the new criteria included **4.** ..... in the foot as factors influencing the change in the clinical presentation of the disease. In early diagnosis, the importance of the number of seronegative, monoarticular, and oligoarthritic inflammations as early clinical symptoms has also increased, which has reduced the risk of **5.** ..... in patients with self-limiting, undifferentiated arthritis<sup>2</sup>.

**EXERCISE 5.**

Połącz słowa w kolokacje.

connective  
symmetrical  
early  
morning  
joint  
muscle  
swan-neck

diagnosis  
stiffness  
tissue  
inflammation  
atrophy  
mobility  
deformities

**EXERCISE 6.**Przeczytaj fragment artykułu i wybierz poprawny wyraz<sup>1</sup>.

In the beginning, the joints **1. of / on** the hands (proximal interphalangeal joints, metacarpophalangeal joints), wrist joints, and foot joints (foot interphalangeal joints, metatarsophalangeal joints) are affected. Next, **2. other / another** joints are affected (knee, shoulder, elbow, hip, ankle, temporomandibular joints, cervical spine, and its subsequent sections). The symptoms include soreness, swelling, symmetrical joint pain, morning stiffness lasting more than 1 hour, including difficulty moving the affected joint immediately after waking up, sensitivity **3. to / about** pressure, and decreased mobility in the joint. Later, joint deformations become present and include subluxations, swan-neck deformities, boutonniere fingers, and **4. radial / ulnar** deviation of the hand. (...)

Early symptoms of RA affect the synovium found in the joints. Rheumatoid granulation tissue penetrates the synovium, destroying joint cartilage and bones. Pathological **5. pannus / radiation** is visible on the surface of the cartilage. Over time, joint surfaces are destroyed, joint osteoporosis and muscle atrophy occur, and periarticular structures are damaged. Simultaneously, repair processes **6. such / like** as fibrous and bone adhesions occur, which leads to deformation and stiffening of the joint. A typical morphological symptom in RA are rheumatoid nodules, most often appearing in the subcutaneous **7. tissue / ward** and internal organs. Primary inflammatory changes affect the wrist joints, metacarpophalangeal and interphalangeal joints of the proximal hands, and less often the joints of the feet and large joints are affected.

**Notes**

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## EXERCISE 7.

Znajdź w tekście w ćwiczeniu 6 przeciwieństwa do podanych słów.

1. typical - .....
2. unaffected - .....
3. asymmetrical - .....
4. increased - .....
5. damage - .....
6. softening - .....
7. external - .....
8. separately - .....

## EXERCISE 8.

Odpowiedz na pytania w oparciu o przeczytany artykuł oraz własne doświadczenia.

1. What is rheumatoid arthritis?

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.....  
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2. What are the main symptoms of rheumatoid arthritis?

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3. How can physical therapy help with rheumatoid arthritis?

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# Notes

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## Bibliografia:

1. Barbara Kubica, Anna Szczypińska-Babiuch. The role of physiotherapy in the treatment of complications of hand joint rheumatoid arthritis – a case study. Research, Physiotherapy Review, 2022, 26(4), 76–86.

## Klucz odpowiedzi:

Exercise 1. rheumatoid arthritis, chronic, inflammatory, connective tissue, dysfunction, joint, degeneration.

Exercise 2.

1. Physiotherapy plays a key role in the treatment of RA.

2. The disease begins in the synovium of the joints.

3. RA is characterized by symmetric joint involvement.

4. Surgical operations play a significant role in the treatment of deformed joints.

5. Each subsequent lapse of the disease significantly limits patient functioning.

Exercise 3.

1. the patient was admitted

2. postoperative rehabilitation

3. 41-year-old

4. Pain and swelling/edema

5. gout, improvement

Exercise 5.

connective tissue

symmetrical inflammation

early diagnosis

morning stiffness

joint mobility

muscle atrophy

swan-neck deformities

Exercise 6.

1. of

2. other

3. to

4. ulnar

5. pannus

6. such

7. tissue

Exercise 7.

1. typical – pathological

2. unaffected – affected

3. asymmetrical – symmetrical

4. increased – decreased

5. damage – repair

6. softening – stiffening

7. external – internal

8. separately – simultaneously

