

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

BEFORE YOU READ

EXERCISE 1.

Połącz słowa w kolokacje.

1. skeletal
2. anterior
3. ergonomic
4. intervertebral
5. soft
6. muscle
7. shoulder
8. temporomandibular

discs
system
dysfunction
posture
tissues
extension
joint
girdle



EXERCISE 2.

Przeczytaj fragment artykułu na temat postawy i problemów z głosem. Podczas czytania wybierz prawidłowy wyraz¹.

Introduction

In-depth observation of patients with functional voice problems with typical musculoskeletal symptoms revealed the frequent adoption of a characteristic head position in excessive anterior extension, a lack of coordination, and sense of space. There is a common view in the literature **1. because / that** a good ergonomic posture is crucial for the quality of the human voice. Contrary to widespread knowledge about the effect of correct posture on the voice, few studies are found in the literature. This is due to the lack of standards **2. and / so** the difficulty in obtaining objective parameters in the study of both voice and abnormal posture disrupted at a functional level.

The neutral position is the most favorable from the perspective of the loading force on the structures of the cervical spine region. This is the zone **3. where / which** minimal loading forces act on the skeletal system, intervertebral discs, and other soft tissues. Existing postural abnormalities result from passive suspension on the passive structures of the osteochondral system **4. until / and** lack of active stabilization leading to overload and muscle dysfunction. Bone and muscle changes in the cervical spine, shoulder girdle, and temporomandibular joint (which form a functional unit – Figure 1), can lead to functional impairment. Common interactions between the structures of this area will cause various symptoms, such as a change in muscle tone, pain, chewing and swallowing problems, phonation disorders, respiratory problems.

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EXERCISE 3.

Odpowiedz na pytania na podstawie przeczytanego fragmentu artykułu. Napisz odpowiedź odręcznie, ponieważ ćwiczenie pisania jest istotnym elementem w nauce języka.

1. What did the in-depth observation of patients with functional voice problems with typical musculoskeletal symptoms reveal?

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2. Which is the most favorable position?

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3. What may lead to functional impairment?

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EXERCISE 6.

W ciągu liter znajdź i zakreśl pięć wyrazów związanych z aparatem mowy.

larynx ilbmisalignmentpunctprotractionadfnneckpolwpattern

EXERCISE 7.

Wstaw w zdania słowa z ćwiczenia nr 6¹.

1. Extension of the chin beyond this boundary was indicative of impaired posture and deepened head
2. Excessive anterior head position elevates the by shortening the suprahyoid muscles.
3. Physiotherapy for altering head angle and improving head and alignment in a neutral position has an impact on reducing the frequency and intensity of symptoms associated with functional voice problems.
4. Their excessive tension causes of the head, thus influencing the occurrence of undesirable vocal symptoms.
5. Assessment of the impact of physiotherapeutic methods, associated with improving posture and movement based on existing voice disorders, on enhancing voice emission.



Notes

Bibliografia:

1. Krzysztof Cichocki.: The role of the assessment of posture and movement patterns in re-education and improvement of voice in functional voice disorders. Research, Physiotherapy Review, 2022, 26(3), 72--82.

Klucz odpowiedzi:

Exercise 1.

Exercise 2.

1. skeletal system

2. anterior extension

3. ergonomic posture

4. intervertebral discs

5. soft tissues

6. muscle dysfunction

7. shoulder girdle

8. temporomandibular joint

Exercise 4.

• Czasownik i rzeczownik:

a lack/to lack, a study/to study, a level/to level, an act/to act, a result/to result,

a structure/to structure, a voice/to voice, a posture/to posture

• Rzeczownik:

phonation, symptom, objective

Exercise 6.

larynx, misalignment, protraction, neck, pattern

Exercise 7.

1. protraction, 2. larynx, 3. neck, 4. misalignment, 5. pattern.

