

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

BEFORE YOU READ

EXERCISE 1.

Połącz słowa w kolokacje.

involuntary
stroke
associated
acute
ischemic
mirror

phase
patients
movements
reactions
stroke
movements



EXERCISE 2.

Uzupełnij krzyżówkę tłumacząc słowa z polskiego na angielski.

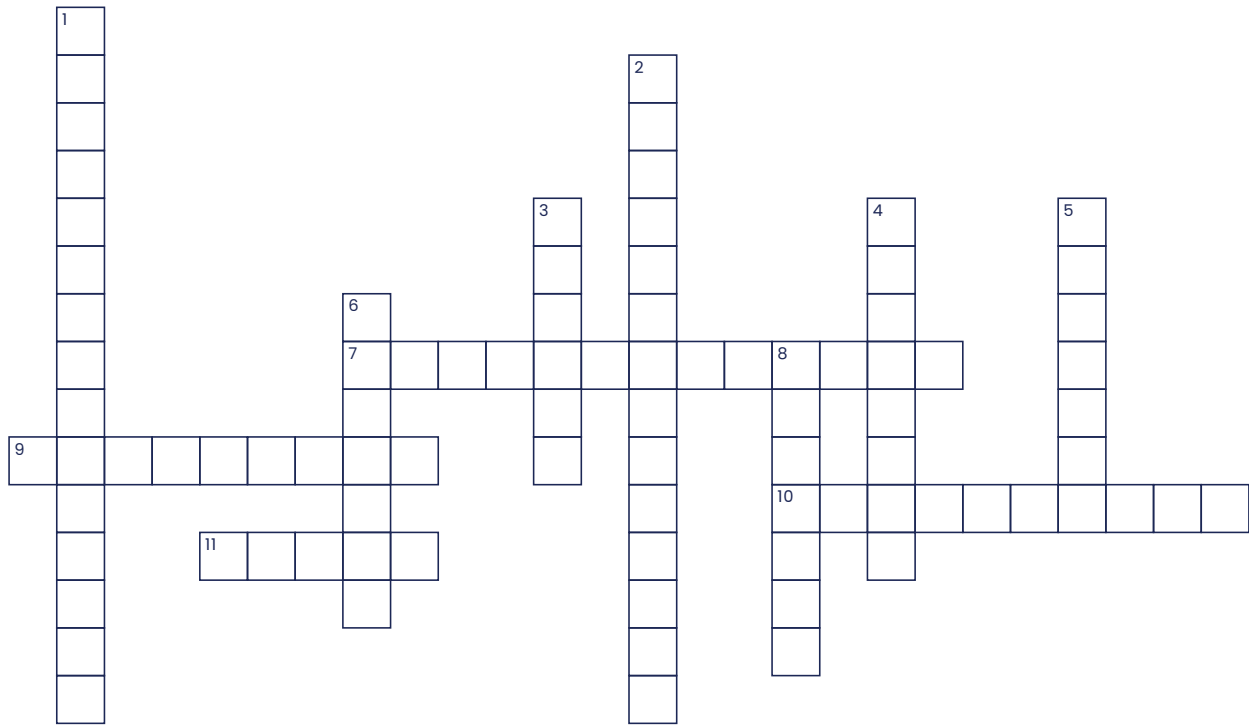
Across

- układ nerwowy
- niedokrwienny
- zjawisko
- ostry

Down

- pionizacja
- siła mięśniowa
- udar
- zajęta (strona)
- badać
- lęk
- objaw

Notes



EXERCISE 3.

Przeczytaj tekst i wstaw usunięte z niego fragmenty w odpowiednie miejsca¹.

the functioning | research available | are defined as | it results in | muscle tone
 „motor overflow” | subjective experiences | pain and anxiety

Introduction

Associated reactions (ARs) **1**. : „Unwanted, effort-dependent limb movements that occur following cerebral damage, where there may be sensorimotor dysfunction or insufficient postural control, such that when a stimulus is applied that exceeds the individual’s level of inhibitory or modulatory control, **2**. intermittent or sustained involuntary, heterogeneous muscle activation with abnormal limb posturing, most visible in the hemiplegic upper limb”. Their functional causes are multifactorial and include, but are not limited to, postural instability, disturbances in muscle strength and tension, **3**. Despite its high prevalence (29-88% of stroke patients) and proven negative effects on functioning, ARs are a little-studied phenomenon. There is no consensus on the terminology of ARs. In the literature, this phenomenon can be found interchangeably under the following terms: „associated reactions”, „mirror movements”, **4**., and „synkinesis”. Previous studies used different definitions of ARs, so it is not always clear whether the research results are comparable. Additionally, in other articles, on the subjects of **5**. after central nervous system (CNS) damage, in which this taxonomy is not

used, information about phenomena that meet the criteria for ARs can be found. There is not enough new 6. on this new phenomenon. Some of the studies were performed in small groups and raised methodological concerns. For the abovementioned reasons, the physiotherapy of patients with ARs is most often based on the 7. of therapists and firm beliefs, often not supported by scientific evidence. This implies the need for in-depth research on the occurrence of ARs in patients after stroke. ARs are a factor that significantly impairs 8. of patients and are a frequent target of neurorehabilitation. Knowing this phenomenon and being able to identify it are important for neurologists, to communicate effectively with the physiotherapist as part of the work of the interdisciplinary team.

EXERCISE 4.

Na podstawie przeczytanego fragmentu artykułu zdecyduj, czy te zdania są prawdziwe (**TRUE**) czy fałszywe (**FALSE**)?¹.

TRUE / FALSE

1. There are many causes of associated reactions.

TRUE / FALSE

2. Associated reactions are a well-studied phenomenon.

TRUE / FALSE

3. There are a few terms to describe associated reactions.

TRUE / FALSE

4. There is a strict protocol of treating associated reactions.

EXERCISE 5.

Uzupełnij zdania poprawnymi przyimkami¹.

1. The exclusion criteria were orthopedic dysfunctions that did not allow the performance of the examined activities and cerebellar stroke.
2. The shortest time hospitalization was 2 days and the longest was 55 days.
3. each case, the assessment of the occurrence of ARs was made during the first active attempt to perform a higher position.
4. The patient was sitting the edge of the bed, and moving from lying supine to lying on the affected side.
5. The ability to change positions was observed the first day of physiotherapeutic evaluation.

EXERCISE 7.

Przeczytaj fragment artykułu i wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przyrostek, a gdzieśgdzie musisz zmodyfikować słowo w znacznym stopniu!

Conclusions

Assessment of the patient's ability to **1.** (**independent**) change positions on the first day of physiotherapy may provide information that can help predict the **2.** (**occur**) of upper limb ARs in the further rehabilitation process. There is a need to adapt the ARRS for use in the acute phase of stroke by **3.** (**validate**) it on groups of patients with different functional capabilities and creating ARs **4.** (**assess**) scale for lower limbs. It is necessary to promote knowledge about ARs after a stroke among neurologists and neurosurgeons.

Notes

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Bibliografia:

1. Krzysztof Głowacki, Jakub Stolarski, Agata Zdrowowicz, Karolina Krzysztoń, Izabela Domitrz: Associated reactions of the upper extremity as an important part of neurological and functional assessment of patients in the acute phase of ischemic stroke. *Research, Physiotherapy Review*, 2022, 26(4), 56–63.

Klucz odpowiedzi:

- Exercise 1.
1. involuntary movements
2. stroke patients
3. associated reactions
4. acute phase
5. ischemic stroke
6. mirror movements
- Exercise 2.
1. verticalisation
2. muscle strength
3. symptom
4. ischaemic
5. phenomenon
6. acute
7. nervous system
8. symptom
9. ischaemic
10. phenomenon
11. acute
- Exercise 3.
1. are defined as, 2. it results in, 3. pain, and anxiety, 4. "motor overflow",
5. muscle tone, 6. research available, 7. subjective experiences,
8. the functioning.
- Exercise 4.
1.T, 2.F, 3.T, 4.F
Exercise 5.
1. for, 2. of, 3. In, 4. on, 5. on.
- Exercise 6.
1. independently, 2. occurrence, 3. validating, 4. assessment.

