

UCZ SIĘ ANGIELSKIEGO Z „GŁOSEM FIZJOTERAPEUTY”

BEFORE YOU READ

EXERCISE 1.

Wstaw słowa z listy do odpowiednich luk!

genetic | lymphedema | improvement | malignancy | disease | flexion

1. Physiotherapeutic treatment contributes to the of the quality of life in women after mastectomy.
2. There was a statistically significant improvement in the range of, abduction, as well as internal and external rotation in the shoulder joint.
3. Breast cancer is the most common affecting the female population.
4. Breast cancer is considered a of civilization.
5. Age and predisposition are considered the most important risk factors.
6. The development of as a result of systemic cancer treatment was reported by 77% of the respondents.

EXERCISE 2.

Wybierz prawidłowy przyimek!

1. A group of 100 women participated **on / in** the research.
2. The study group consisted only of women diagnosed **to / with** breast cancer, after mastectomy and undergoing oncological treatment.
3. All participants were referred **to / in** the day rehabilitation unit.
4. Measurements were taken **at / in** the beginning and end of rehabilitation.

5. Significant changes **in / of** circumference reduction were found in the upper limb on the operated side after therapy.
6. An increase in shoulder range of motion was observed **before / after** 5 weeks of therapy.

EXERCISE 3.

Połącz słowa w kolokacje.

physiotherapeutic

5 times

manual lymphatic

scar

whirlpool

pneumatic

range

circumference

mobilization

treatment

drainage

massage

of motion

massage

a week

of the upper limb

EXERCISE 4.

Dopasuj poniższe definicje do czterech kolokacji z ćwiczenia nr 3.

1

A physical therapy modality in which all or part of the body is exposed to forceful whirling currents of water.

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.....

2

A technique developed for treatment of swollen lymph nodes.

.....
.....

3

The extent or limit to which you can move or stretch a part of your body, such as a joint or a muscle.

.....
.....

4

The measurement taken around the upper limb.

.....
.....

EXERCISE 5.

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

Discussion

The aim of this study was to analyze the impact of physiotherapy on the **1.** **(poprawę)** of quality of life in women after **2.** **(mastektomii)**. In addition to assessing the physical and functional performance of patients undergoing surgical **3.** **(amputację piersi)**, the study paid great attention to the evaluation of the emotional aspects. **4.** **(Pomiary)** were taken before and after the patients entered the rehabilitation program. Analysis of results for shoulder range of motion and upper limb circumferences on the operated side showed statistically significant changes. As a result of the **5.** **(pięciotygodniowej)** rehabilitation, during which patients underwent treatments such as manual lymphatic **6.** **(drenaż)**, scar mobilization, whirlpool massage, pneumatic massage, and bandaging, a significant reduction was observed in upper limb circumference values on the operated side at each tested level, indicating a reduction in **7.** **(obrzęku limfatycznego)** in the limb. Furthermore, there was a significant improvement in the shoulder range of motion on the operated side. The greatest changes were observed during flexion, **8.** **(odwiedzenia)**, and internal and external rotation movements. Styczynska et al., focused on a group of women who participated in an exercise rehabilitation program for six weeks after mastectomy. Just like in the present study, statistically significant changes were observed in circumference and mobility in all joints of the upper limb on the operated side.

EXERCISE 6.

Odpowiedz na pytania w oparciu o przeczytany fragment artykułu. Napisz odpowiedź odręcznie. Ćwiczenie pisania jest istotnym elementem w nauce języka.

1. What was the purpose of this study?

.....

2. When were the measurements taken?

.....

3. What therapies did patients undergo in this rehabilitation program?

.....

4. When were the greatest changes observed?

.....

Notes

Bibliografia:

- Barbara Katarzyna Pilot, Iwona Sulowska–Daszyk. Effects of physiotherapy on improving quality of life in women after mastectomy. *Research, Physiotherapy Review*, 2022, 26(4), 64–75.

Klucz odpowiedzi:

Exercise 1.

1. improvement, 2. flexion, 3. malignancy, 4. disease, 5. genetic, 6. lymphedema.

Exercise 2.

1. in, 2. with, 3. to, 4. at, 5. in, 6. after.

Exercise 3.

• physiotherapeutic treatment,

• 5 times a week,

• manual lymphatic drainage,

• scar mobilization,

• whirlpool massage,

• pneumatic massage,

• circumference of the upper limb

Exercise 4.

1. whirlpool massage, 2. manual lymphatic drainage, 3. range of motion,

4. circumference of the upper limb.

Exercise 5.

1. improvement, 2. mastectomy, 3. breast amputation, 4. Measurements,

5. 5-week, 6. drainage, 7. lymphedema/lymphoedema/lymphatic oedema,

8. abduction.

