

ĆWICZENIA Lekcja 22.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



BEFORE YOU READ



EXERCISE 1.

Zaznacz słowa, które znasz. Nieznane słowa sprawdź samodzielnie w słowniku – dzięki temu lepiej je zapamiętasz.

- | | | |
|-------------------------------------|---|--|
| <input type="checkbox"/> meniscus | <input type="checkbox"/> tenderness | <input type="checkbox"/> brisk walking |
| <input type="checkbox"/> treatment | <input type="checkbox"/> wedge | <input type="checkbox"/> repetition |
| <input type="checkbox"/> knee | <input type="checkbox"/> beneficial | |
| <input type="checkbox"/> lower limb | <input type="checkbox"/> osteoarthritis | |

Notes

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EXERCISE 2.

Uzupełnij zdania słowami z listy¹.

resembles | strength | tears | factors | duration

1. Risk for meniscus damage include as strong evidence: age above 60, male gender, kneeling and squatting related to work, and climbing stairs.
2. The meniscus in cross-section a wedge.
3. Meniscus occurred in 30% of knees, and meniscus degeneration in 18% of cases.

4. Despite the varying intensity, exercise selection, volume,, and other factors exercise therapy groups improved compared to the baseline.
5. The 12 weeks exercise therapy program contains cardiovascular exercises (with steady state and intervals), stretching, exercises, plyometrics and balance exercises.

EXERCISE 3.

Połącz słowa w kolokacje.

1. arthroscopic
2. hyaluronic
3. mesenchymal stem
4. conservative
5. medial and lateral
6. absorb

treatment
menisci
partial meniscectomy
cell injections
shocks
acid injection



EXERCISE 4.

Przetłumacz na język angielski słowa w nawiasach. Sprawdź w słowniku te, których nie znasz. Ich znajomość pomoże ci lepiej zrozumieć artykuł!

1. The menisci have a fibrous structure and a (**półksiężyca**) shape.
2. Patients received (**komórki miacierzyste**) or hyaluronic acid at 7-10 days post-surgery.
3. A (**chirurgiczne**) (or sham) approach may be considered if conservative treatment fails.
4. Knee arthroscopy is one of the most popular surgical procedures for the treatment of (**zwyrodnieniowych**) meniscus tears.
5. It should always be (**dopasowany**) to the patient's capabilities (health, economic, environmental, family), preferences and goals.

EXERCISE 5.

Przeczytaj fragment artykułu i wpisz słowo we właściwej formie, by stworzyć logiczne i poprawne gramatycznie zdania¹.

Introduction

Researchers are constantly looking for an appropriate exercise plan for patients, however, to date there has been no study **1.** **(bring)** together adequate publications on the issue and outlining such an exercise plan for patients with degenerative meniscus tears. Menisci are **2.** **(locate)** between the femur and the tibia bone in both legs. Normally there are medial and lateral menisci in both legs. The menisci have a **3.** **(fiber)** structure and a crescent shape. The meniscus in cross-section resembles a wedge. Their tasks include stabilizing the knee, **4.** **(absorb)** shocks, transferring loads through the joint, and deepening the tibia plateau. The diagnosis of a degenerative meniscus tear is related to the patient's age, symptoms, knee joint line **5.** **(tender)**, and imaging. The patient is unable to link the onset of pain to a specific event or injury, the build-up of pain is insidious, which can delay decisions to see a doctor.

EXERCISE 6.

Wybierz właściwy przyimek, tak aby stworzyć logiczne i poprawne gramatycznie zdanie.

1. The APM group had a slightly higher risk developing osteoarthritis based on radiographic findings.
2. In strength training including least one variation of quadriceps, hamstring, hip and ankle dominant exercises is advised and should be selected adequately to the patient's capabilities.
3. Further studies on this topic with a larger group of patients other researchers and other stem cell values are needed to know the effect of this therapy.
4. most studies intensity wasn't controlled and training wasn't supervised.
5. Aim of the study was to review the existing high-quality evidence summarizing current randomized controlled trials (RCTs) concerning degenerative meniscus tears.



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Bibliografia:

1. Jan Janiszewski: A systematic review of randomized controlled trials concerning degenerative meniscus tears. Review, Physiotherapy Review, 2023, 27(1), 28-40



Klucz odpowiedzi:

- Exercise 2.
1. factors, 2. resembles, 3. tears, 4. duration, 5. strength
- Exercise 3.
1. arthroscopic partial meniscectomy, 2. hyaluronic acid injection,
3. mesenchymal stem cell injections, 4. conservative treatment,
5. medial and lateral menisc, 6. absorb shocks
- Exercise 4.
1. crescent, 2. stem cells, 3. surgical, 4. degenerative, 5. tailored
- Exercise 5.
1. bringing, 2. located, 3. fibrous, 4. absorbing, 5. tenderness
- Exercise 6.
1. of, 2. at, 3. from, 4. in, 5. by