

WORDS OF THE WEEK 1

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów z dziedziny fizjoterapii uroginekologicznej.

urinary incontinence /'jʊrɪnerɪ ɪn'kɒntɪnəns/
nietrzymanie moczu

Women who have given birth may experience **urinary incontinence** due to weakened pelvic floor muscles.

urinary bladder /'jʊrɪnerɪ 'blædə(r)/
pęcherz moczowy

Individuals can learn techniques to improve their **urinary bladder** function and prevent leakage, reducing the risk of accidents and improving their confidence.

pain /peɪn/
ból

Pelvic floor physiotherapy can help alleviate **pain** and discomfort associated with pelvic floor muscles by addressing trigger points and tightness.

**PELVIC FLOOR
PHYSIOTHERAPY**

endometriosis

/ˌɛndəʊmi:tri'əʊsɪs/
endometrioza

Endometriosis can cause painful intercourse and pelvic pain, which can be addressed through pelvic floor physiotherapy techniques.

pelvic floor muscles /'pelvɪk flɔːr 'mʌsəl/
mięśnie dna miednicy

By strengthening the **pelvic floor muscles**, pelvic floor physiotherapy can help reduce the incidence of urinary leakage and improve bladder function.



