

# WORDS OF THE WEEK 2

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów z dziedziny fizjoterapii ortopedycznej.

**bone** /boʊn/  
kość

The adult human body has 206 **bones**, which vary in size and shape depending on their location and function.

**joint** /dʒɔɪnt/  
staw

Regular exercise and stretching can help to maintain **joint** health and prevent injury.

**muscle** /ˈmʌsəl/  
mięsień

Each **muscle** in the body has a specific function, ranging from gross motor movements to fine motor movements.

**ORTHOPAEDIC  
PHYSIOTHERAPY**

**tendon** /ˈtendən/  
ścięgno

Proper conditioning, warm-up, and stretching techniques can help to prevent **tendon** injuries.

**ligament** /ˈlɪɡəmənt/  
więzadło

**Ligament** is composed primarily of collagen fibers, which allow it to resist stretching and tearing during movement.



## EXERCISE 1.

Dopasuj słowa z ramki do definicji.

bone | joint | muscle | tendon | ligament

1

It is a specialized tissue in the body that works to produce movement and maintain posture.

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2

It is a tough, fibrous band of connective tissue that connects muscle to bone and allows for the transmission of force and movement between the two structures.

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3

It is a complex structure that allows for movement between bones.

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4

It is a hard, mineralized tissue that forms the structural framework of the body and protects vital organs.

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5

It is a strong, flexible band of connective tissue that connects bone to bone.

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### Notes

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