

# ĆWICZENIA Lekcja 23.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



## EXERCISE 1.

Stwórz rzeczowniki od podanych wyrazów.

1. **painful** – .....
2. **numb** – .....
3. **weak** – .....
4. **paresthetic** – .....
5. **perform** – .....
6. **assess** – .....
7. **prevent** – .....
8. **sense** – .....

## EXERCISE 2.

Wybierz odpowiedni przyimek. Bądź czujna/y, przyimki to podchwytliwy temat!

1. The symptoms may be limited **for / to** a low-intensity painful discomfort associated **on / with** a burning or weakness sensation.
2. Playing the violin **at / for** a high level requires musicians to start their training **on / at** the early stages of their life.
3. It is associated with many high-stress situations related **to / with** public performances.
4. Studies show that PRMD are likely to appear even **on / at** the beginning of the training process.

5. Playing the string instruments forces musicians to constantly repeat the same set **in / of** motions.
6. All of that combined is likely to have an adverse effect **on / in** the upper limbs, cervical and lumbar spine.
7. Some authors report that the most experienced and longest-playing violin players are **at / in** the highest risk of a possible injury.

**EXERCISE 3.**

Połącz słowa w kolokacje.

1. string
2. acute
3. over-the-counter
4. painkiller
5. muscle
6. provide
7. string
8. exacerbate

- drugs  
episode  
drugs  
a consensus  
players  
instruments  
strength  
pain

**EXERCISE 4.**Przeczytaj wstęp do artykułu i odpowiedz na pytania pod tekstem<sup>1</sup>.**Abstract**

**Background:** Playing-related musculoskeletal disorders (PRMD) are an often-reported problem in the literature. PRMD are usually defined as pain, numbness, weakness, paresthesia, or other feelings affecting the musician's performance.

**Aims:** The study aimed to assess the epidemiology of PRMD among violin players in relation to their age, sex, and experience. Additionally, the analysis covered prevention strategies.

1. What symptoms are frequently defined in literature as PRMD?

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2. What is the aim of the study?

.....

**EXERCISE 5.**

Przeczytaj fragment artykułu i przetłumacz na język angielski słowa w nawiasach<sup>1</sup>.

The most popular prevention strategy chosen by the respondents was **1.** ..... (**rozcąganie**) (46%), which was even more common in the case of an **2.** ..... (**ostrego**) PRMD episode (55.5%). Our study did not allow us to assess the efficiency of **3.** ..... (**profilaktycznych**) strategies based on physical activity. Due to the nature of the study **4.** ..... (**kwestionariusz online**), the authors were unable to verify whether the exercises were carried out properly by the study subjects. Cooper et al. [16] claim that **5.** ..... (**odpowiednio**) done stretching exercises (lasting 10 minutes with instructor supervision) **6.** ..... (**istotnie**) minimize the risk of PRMD in string players. The assistance of an experienced trainer allows for avoiding the **7.** ..... (**niepożądanych**) effects of stretching, such as pain, muscle stiffness, or a decrease in muscle strength.

**EXERCISE 6.**

Wstaw czasowniki w odpowiedniej formie strony biernej w czasie Past Simple<sup>1</sup>. Jeśli nie pamiętasz, jak tworzyć stronę bierną, wróć do lekcji 10.

1. A total of 71 filled questionnaires (**collect**) .....
2. A total of 70 musicians (Me 24 years, IQR 18–30) (**enroll**) ..... in the study.
3. Therefore, players (**allow**) ..... to indicate more than one location.
4. The difference in pain susceptibility (between men and women) (**appoint**) ..... as another crucial risk factor for PRMD.
5. The study was based on a questionnaire that (**fill out**) ..... without the supervision of the authors.
6. Only complete questionnaires (**accept**) .....





## Notes

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## Bibliografia:

1. Magdalena Małek, Jarosław Amarowicz: Playing-related musculoskeletal disorders among violin players – a cross-sectional study, *Research, Physiotherapy Review*, 2023, 27(1), 59–66.  
<https://physiotherapy.review/Playing-related-musculoskeletal-disorders-among-violin-players-a-cross-sectional-study,161,50380,1,1.html>

## Klucz odpowiedzi:

Exercise 1.  
1. pain, 2. numbness, 3. weakness, 4. paresthesia, 5. performance, 6. assessment, 7. prevention, 8. sensation.

Exercise 2.  
1. to, with, 2. at, 3. to, 4. at, 5. of, 6. on, 7. at.

Exercise 3.  
1. string players, 2. acute episode, 3. over-the-counter drugs, 4. painkiller drugs, 5. muscle strength, 6. provide a consensus, 7. string instruments, 8. exacerbate pain.

Exercise 4.  
1. Numbness, weakness, paresthesia, or other feelings affecting the musician's performance.

2. To assess the epidemiology of FRMD among violin players in relation to their age, sex, and experience and analyse covered prevention strategies.

Exercise 5.  
1. stretching, 2. acute, 3. prophylactic, 4. online questionnaire, 5. appropriately, 6. substantially, 7. adverse.

Exercise 6.  
1. were collected, 2. were enrolled, 3. were allowed, 4. was appointed, 5. was filled out, 6. were accepted.

Exercise 7.  
Zadanie otwarte.

