

WORDS OF THE WEEK 5

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów z dziedziny
fizjoterapii geriatrycznej.

arthritis /ɑ(r):'θraɪtɪs/
zapalenie stawów

Arthritis can cause pain, stiffness, and limited range of motion, making it challenging for individuals to perform everyday activities.

osteoporosis /,ɒstiəʊpə'rəʊsɪs/
osteoporoza

Osteoporosis increases the susceptibility to fractures from falls.

balance /'bæləns/
równowaga

With a focus on strengthening core muscles and improving proprioception, physiotherapy sessions effectively target **balance** issues commonly faced by older adults.

**GERIATRIC
PHYSIOTHERAPY**

diabetes
/ˌdaɪə'bi:tɪz/
cukrzyca

It is essential to incorporate regular physical activity into the routine of older adults with **diabetes**.

quality of life /ˌkwɒləti əv 'laɪf/
jakość życia

Falls are a significant concern for elderly individuals as they can lead to severe injuries and a decline in **quality of life**.



