WORDS OF THE WEEK 5



Ucz się angielskiego z "Głosem Fizjoterapeuty"

Dziś nauczysz się pięciu przydatnych słów z dziedziny fizjoterapii geriatrycznej.

arthritis /α(r):'θraitis/

zapalenie stawów

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

osteoporosis /pstiaupa rausis/

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

/darəˈbiːtiːz/

cukrzyca

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



quality of life /kwpləti 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**.



EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

balance | diabetes | quality of life | arthritis | osteoporosis

1.	Open wounds, chronic ulcers, or active infections in individuals with require specialized care and attention.
2.	women, but it can affect people of any age and gender.
3.	Through targeted physiotherapy exercises, elderly individuals with can experience reduced joint pain and improved flexibility.
4.	By addressing issues through physiotherapy, elderly individuals can improve their overall stability, reduce the risk of falls, and enhance their quality of life.
5.	By maximizing functional mobility, physiotherapy contributes to a higher level of independence and overall
Notes	