

# ĆWICZENIA Lekcja 24.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



## EXERCISE 1.

Połącz słowa z ich definicjami.

1. embarrassment
2. pregnancy
3. urine
4. postpartum
5. intermittent

- a. a liquid waste product excreted by the kidneys
- b. the period following childbirth
- c. an emotional state characterized by feelings of shame
- d. a physiological process in which a female organism carries a developing offspring within her uterus
- e. something occurring at irregular intervals

## EXERCISE 2.

Połącz wyrazy z odpowiednimi przyimkami.

aware | reluctant | number | due | according

~ TO	~ OF



**EXERCISE 5.**

**Słownictwo.** Przeczytaj fragment artykułu i wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przedrostek lub przyrostek, a gdzieś musisz zmodyfikować słowo w znacznym stopniu<sup>1</sup>.

**Results**

The **1.** ..... of women were aware of the existence of UI. For example, 88.4% of participants indicated that they had already heard of such a problem, while 11.6% of women were **2.** ..... with the condition. Women's level of knowledge of preferred breathing techniques during pelvic floor muscle exercises was investigated. The **3.** ..... did not explain the differences between abdominal and **4.** ..... breathing techniques. Nevertheless, most women identified the correct breathing technique. Meanwhile, 23.8% of the women had no **5.** ..... of the subject. During pelvic floor exercises, diaphragmatic breathing is recommended; in addition, the **6.** ..... muscles and gluteal muscles should be relaxed (Table 2). A very strong negative linear correlation was observed between knowledge of "Kegel" muscle exercises and knowledge of correct breathing patterns during the exercises.

1. major
2. familiar
3. question
4. diaphragm
5. know
6. abdomen

**EXERCISE 6.**

Przeczytaj fragmenty artykułu i przetłumacz na język angielski wyrazy w nawiasach. Następnie zaznacz czy podane zdania są prawdziwe (**TRUE**) czy fałszywe (**FALSE**)<sup>1</sup>?

**1.** ..... (**prawie**) half of the respondents feel embarrassed about experiencing UI (48.6%), 25.9% of women feel **2.** ..... (**wstyd**), 15.0% are afraid for their health, only 8.9% are not ashamed of the problem, and 1.6% of individuals feel **3.** ..... (**obojętnie**). However, for the **4.** ..... (**większości**) of women, the problem of UI causes shame and embarrassment; therefore, when treating the condition, it would be important to work with a **5.** ..... (**psychologiem**) to boost patients' mental health.

<b>6. The majority of women feel ashamed and embarrassed about experiencing UI.</b>	<b>TRUE / FALSE</b>
<b>7. Working with a psychologist is important in treating UI.</b>	<b>TRUE / FALSE</b>

**Notes**

.....

The research presented above showed that women’s levels of **8.** ..... (**wiedzy**) varied considerably. Therefore, there is a strong need to educate people about urinary **9.** ..... (**nietrzymanie**). Furthermore, it is crucial to address the topic of UI prevention. It is necessary to educate people on the effectiveness of physiotherapy treatment **10.** ..... (**terapia**) for UI so that women are not ashamed to **11.** ..... (**przyznać się**) to the problem and confidently seek professional help. It is important to **12.** ..... (**podkreślić**) that the earlier the treatment begins, the more significant results can be achieved.

<b>13. There is no need to educate people about urinary incontinence.</b>	<b>TRUE / FALSE</b>
<b>14. The timing of treatment for UI does not affect the results achieved.</b>	<b>TRUE / FALSE</b>

**Notes**

.....

.....

.....

.....

.....

.....

.....

.....

**Bibliografia:**

Karolina Siewier, Anna Kubsik-Gidlewska: Assessment of knowledge level of women with urinary incontinence – a single-center online study, Research, Physiotherapy Review, 2023, 27(1), 75-83



- Exercise 1. 1. c, 2. d, 3. a, 4. b, 5. e TO: reluctant, according, due, Of: number, aware
- Exercise 2. Exercise 3. 1. due to, 2. reluctant to, 3. aware of, 4. according to, 5. number of
- Exercise 4. Exercise 5. 1. factors, 2. out, 3. awareness, 4. achieved, 5. floor
- Exercise 6. 1. majority, 2. unfamiliar, 3. questionnaire, 4. diaphragmatic, 5. knowledge, 6. abdominal
- Exercise 7. 1. almost, 2. shame, 3. indifferent, 4. majority, 5. psychologist
- Exercise 8. 13. F, 14. F

**Klucz odpowiedzi:**