

WORDS OF THE WEEK 6

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących masażu.

massage therapist /'mæsə:ʒ ̥θerəpɪst/
masażysta

A skilled **massage therapist** uses various techniques to address specific areas of tension and discomfort in the soft tissues.

trigger point /'trɪgə(r) pɔɪnt/
punkt spustowy

A massage therapist can identify and target specific **trigger points** in the body to relieve muscular tension and promote relaxation.

soft tissues

/sɒft 'tɪʃu:z/

tkanki miękkie

Massages primarily focus on the manipulation of **soft tissues**, such as muscles, tendons, and fascia, to alleviate stiffness, improve circulation, and promote healing.

MASSAGE

skin

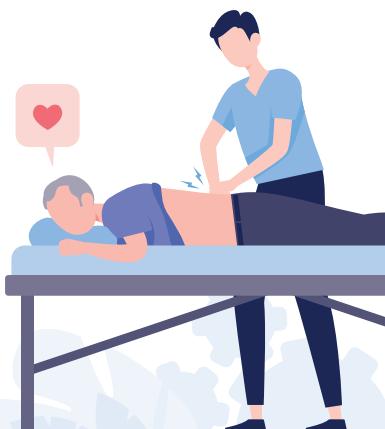
/skɪn/

skóra

Massage promotes enhanced blood flow to the **skin**.

massage oil /'mæsə:ʒ ̥ɔɪl/
olejek/oliwka do masażu

Applying a small amount of **massage oil** helps reduce friction and allows the therapist's hands to glide smoothly over the skin.



EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

[soft tissues](#) | [trigger point](#) | [massage oils](#) | [skin](#) | [massage therapist](#)

1. If you have any infection or rash it is advisable to postpone your massage session.
 2. A refers to a specific area of tension or tightness within a muscle.
 3. A uses their hands, fingers, and sometimes other tools to apply precise techniques and manipulate the soft tissues.
 4. Massage promotes the relaxation of the soft tissues, reducing discomfort and tension in the
 5. Some people may have an allergic response or sensitivity to , lotions, or other products commonly used during a massage.

Notes