

WORDS OF THE WEEK 6

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących **masażu**.

massage therapist /'mæsɑ: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
/ˌsɒft '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.

skin
/skɪn/
skóra

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

MASSAGE

massage oil /'mæsɑ: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.



