

# WORDS OF THE WEEK 10

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dzisiaj nauczysz się pięciu przydatnych słów dotyczących **terapii blizn**.

**scar tissue** /sɔft 'tʃ.u:/  
tkanka bliznowata

Appropriate **scar tissue** management may help to prevent adhesions.

**keloid** /'ki:lɔɪd/  
bliznowiec

**Keloids** manifest as elevated and thickened scar tissue that stretches beyond the initial wound or injury site.

**painful**  
/'peɪnfəl/  
bolesny

Scars resulting from surgical procedures or injuries may potentially become **painful**.

**SCAR  
MANAGEMENT IN  
PHYSIOTHERAPY**

**pruritus**  
/prʊə'raɪtəs/  
świąd

**Pruritus**, commonly known as itching, refers to an unpleasant sensation on the skin that triggers the need to scratch.

**dry needling** /,draɪ 'ni:dəlɪŋ/  
suche igłowanie

**Dry needling** technique may facilitate wound healing.



