

WORDS OF THE WEEK 12

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących narzędzi w pracy fizjoterapeuty.

mat /mæt/
mata

Physiotherapists use **mats** to create a safe and padded surface for patients reducing the risk of discomfort or injury.

exercise ball /'eksəsaɪz ,bɔ:l/
piłka do ćwiczeń

Using an **exercise ball** for therapeutic purposes can help engage muscles that might not be activated during traditional exercises.

bandage
/'bændɪdʒ/
bandaż

Physiotherapists may apply a **bandage** to stabilize and protect a joint or muscle.

**PHYSIOTHERAPY
EQUIPMENT**

wedge
/'wedʒ/
klin

A **wedge** is often used to provide support and proper alignment during exercises.

treatment/therapy table
/'tri:t(ə)nt/'θerəpi 'teɪbəl/
kozetka

The adjustable features of a **treatment table** enable physiotherapists to customize the positioning of patients to optimize treatment.



