

WORDS OF THE WEEK 13

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących zapalenia rozciężna podeszwowego.

calcaneal spur /kæl'keɪnəl spɜ:(r)/
ostroga piętowa

Treating **calcaneal spurs** is a difficult and lengthy process.

inflammation /ɪnflə'meɪʃən/
zapalenie, stan zapalny

The spurs originate from repetitive trauma, causing micro tears in the plantar fascia, leading to **inflammation**.

arch
/ɑ:(r)tʃ/
łuk

There are three **arches** in the foot: two longitudinal arches one transverse arch.

**PLANTAR
FASCIITIS**

insole
/'ɪnsəʊl/
wkładka

A podiatrist can recommend things like **insoles** and the right shoes to wear!

footwear /'fotweər/
obuwie

Heel inserts are designed to relieve pressure on heel spurs by modifying **footwear**.



EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

calcaneal spur | footwear | insoles | inflammation | arch

1. In conservative treatment of plantar fasciitis therapeutic orthotic are used for short-term pain relief.
2. Lowering the medial longitudinal results in an increase in tension in the plantar fascia.
3. In plantar fasciitis, occurs in the plantar fascia, causing pain and discomfort in the foot.
4. You will need to modify your to correct over-pronation or fallen arches.
5. A (also known as a heel spur) is a bony outgrowth that forms on the underside of the heel bone (calcaneus).

Notes

Bibliografia:

1. <https://www.nhs.uk/conditions/plantar-fasciitis/>

