

ĆWICZENIA Lekcja 27.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



EXERCISE 1.

Czy poniższe określenia opisujące staw skokowy są prawdziwe?
Zaznacz **YES** lub **NO**.

1	It is classified as a saddle joint.	YES	NO
2	It is also known as the talocrural joint.	YES	NO
3	The primary actions exhibited by the ankle joint complex encompass plantarflexion and dorsiflexion.	YES	NO
4	It is a non-weightbearing joint.	YES	NO
5	It is formed by the articulation of the talus, tibia, and fibula bones.	YES	NO

EXERCISE 2.

Wybierz właściwe słowo by stworzyć logiczne i poprawne gramatycznie zdanie¹.

1. Abduction and adduction motions occur within the **saggital / transverse** plane.
2. The subject assumed a **seated / standing** position with a 90° angle between the torso and thigh, thigh and lower leg, and lower leg and foot.
3. The measurement was carried out under static conditions, in isometric **contracture / contraction** of the dorsal and plantar flexors of the foot.
4. Tripartite junction of the ankle, tibia, and fibula combine to form the ankle joint, which demonstrates the complexity of the human **skeletal / muscular** system.
5. Maximum rapid muscle concentration was immediately followed by its **relaxation / contraction**.

EXERCISE 3.

Przetłumacz polskie części zdania na język angielski. Wybierz słowa z listy. Sprawdź w słowniku te, których nie znasz. Ich znajomość pomoże ci lepiej zrozumieć artykuł!

sprain | calcaneal tuberosity | forefoot | perpendicular | adjustable seat

1. The measurement was carried out under static conditions after first assuming the measuring position and stabilizing the foot from the **(guza piętowego)**.
2. The dynamometer's cable was positioned **(prostopadle)** to the axis of rotation at the ankle joint.
3. A non-stretchable, adjustable brace was placed on the **(przodostopiu)**.
4. The measuring station consisted of an **(regulowanego siedziska)**, stabilization belts, and a ZPS4-U force measuring set on a stabilization frame.
5. The experimental group consisted of 16 women with a history of inversion ankle **(skręcenia)** injury.

EXERCISE 4.

Przeczytaj fragment artykułu i zaznacz czy te zdania są prawdziwe (**TRUE**) czy fałszywe (**FALSE**)?!

Qualification criteria

Inclusion criteria for the experimental group were an ankle joint sprain sustained in one lower limb not earlier than one year prior to the study and individual consent from the participants to measure the velocity capabilities of the dorsal and plantar flexor muscles of the foot. A history of other orthopedic injuries, or congenital defects, or neurological conditions in the lower limbs, which could affect the results of the planned measurements, was considered an exclusion criterion for the study. Information on eligibility and exclusion from the study was obtained from a questionnaire. The study in the control group was conducted among women who met the study eligibility criteria: no history of trauma in the ankle joint area or other joints of the lower limbs, no neurological conditions, orthopedic conditions, or congenital defects in the lower limbs that could affect the results of the planned measurements.

<p>1. Having a history of other orthopaedic injuries, congenital defects, or neurological conditions in the lower limbs was considered an inclusion criterion for the study.</p>	<p>TRUE / FALSE</p>
<p>2. The control group for the study included women who had experienced a history of trauma in the ankle joint area or other joints of the lower limbs.</p>	<p>TRUE / FALSE</p>

Conclusions

Variables characterizing the maximum force gradient increase (MFGI) within the control and experimental groups and in intergroup analyses showed no statistically significant differences.

3. There were no statistically significant differences between the groups.

TRUE / FALSE

Notes

.....

.....

.....

.....

.....



EXERCISE 5.

Połącz słowa z odpowiednimi przyimkami i napisz z nimi własne zdania.

1. prior
2. characterized
3. phenomenon
4. analysis
5. based

- by
of
on
to
of



1.
2.
3.
4.
5.

EXERCISE 6.

Wstaw czasowniki w odpowiedniej formie strony biernej w czasie Past Simple¹.

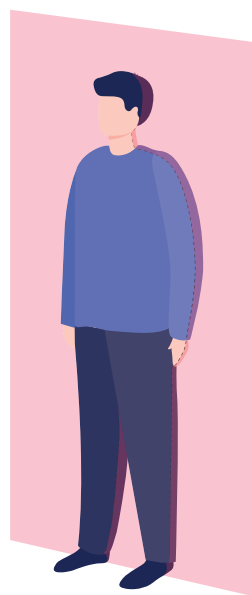
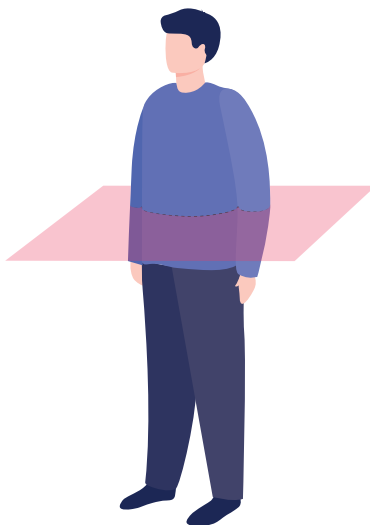
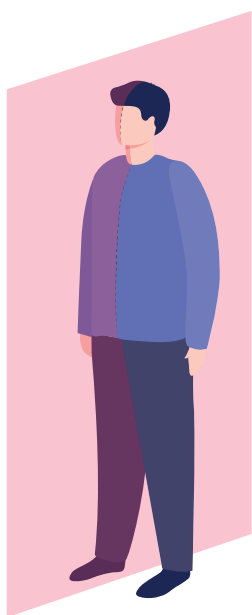
1. The obtained results of the study (archive).
2. The measurement (make) at a frequency of 1000 Hz.
3. The feet (immobilize) during the measurement.
4. Measurement of the velocity capabilities of the foot muscles (carry out) five times for dorsiflexion and plantarflexion.
5. Measurement of body weight and height (follow) by testing the velocity capabilities of the dorsal and plantar flexors of the foot.

EXERCISE 7.

Połącz angielskie nazwy płaszczyzn ruchu z ich polskimi tłumaczeniami. Następnie podpisz ilustracje prawidłowymi nazwami płaszczyzn.

1. sagittal plane
2. frontal plane
3. transverse plane

- płaszczyzna poprzeczna
płaszczyzna strzałkowa
płaszczyzna czołowa



.....
.....

.....
.....

.....
.....

