

# WORDS OF THE WEEK 20

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących **rwy kulszowej**.

**lumbar** /'lʌmbər/  
lędźwiowy

The straight leg raising test is the most frequently used physical examination to diagnose sciatica and **lumbar** disc herniation.

**radiation** /ˌreɪdi'eɪʃən/  
promieniowanie

Pain **radiation** is one of the symptoms of sciatica and is often described as shooting or burning.

**compression**  
/kəm'preʃən/  
ucisk, kompresja

Sciatica typically involves the **compression** or irritation of the sciatic nerve.

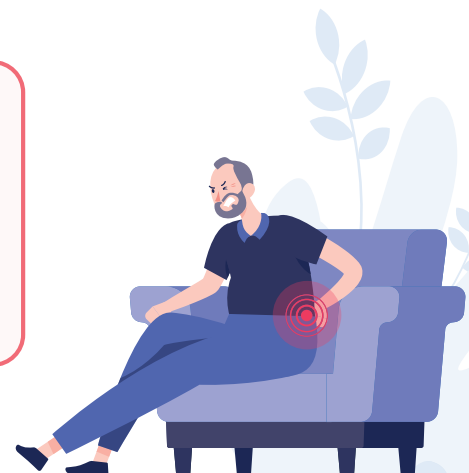
**numbness**  
/'nʌmnəs/  
drętwienie

**Numbness** refers to a loss or reduction of sensation in a particular area of the body.

**SCIATICA**

**stenosis** /sti'nəʊsɪs/  
zwężenie, stenoza

Spinal **stenosis** is the narrowing of the spinal column, causing pressure on the spinal cord or spinal nerves.



**EXERCISE 1.**

Uzupełnij luki w zdaniach słowami z listy.

**stenosis | numbness | lumbar | compression | radiation**

1. In case of pain ..... the pain sensation extends beyond the initial injury site or its source.
2. Sciatica pain often is worsened with flexion of the ..... spine.
3. Any condition that could potentially result in structural ..... of the sciatic nerve is likely to induce symptoms of sciatica.
4. In the elderly population lumbar spinal ..... may cause sciatica symptoms.
5. If you feel ..... in the leg along the nerve it is essential to consult a healthcare provider for a proper diagnosis and treatment.

**Notes**

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Exercise 1.: 1. radiation, 2. lumbar, 3. compression, 4. stenosis, 5. numbness.

**Klucz odpowiedzi:**



**AGATA PRZYTAŚ**

anglistka, ukończyła studia licencjackie na kierunku fizjoterapia  
@fizzoenglish