

# WORDS OF THE WEEK 21

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących **urazów w sporcie**.

**dislocation** /ˌdɪsləˈkeɪʃən/  
**zwichnięcie**

After the **dislocation** of her ankle, the physiotherapist worked with her to rehabilitate the joint and regain stability.

**subluxation** /ˌsʌblʌkˈseɪʃən/  
**podwichnięcie**

The physiotherapist detected a **subluxation** in the patient's hip joint and recommended a series of exercises to realign it.

**laceration**  
/ˌlæ.sərˈeɪ.ʃən/  
**rana szarpana**

The **laceration** on the athlete's shin required careful stitching and dressing to promote optimal healing and minimize scarring.

## SPORTS INJURIES

**cramp**  
/kræmp/  
**skurcz**

Muscle **cramps** are a common issue among athletes, often caused by dehydration or overexertion during exercise.

**delayed onset muscle soreness (DOMS)**

/dɪˈleɪd ˈɒnset ˈmʌsəl ˈsɔːnəs/

**opóźniona bolesność mięśniowa**

Athletes should incorporate gradual progressions in their training routines to help minimize the intensity of **DOMS** and allow their muscles to adapt more effectively.



