WORDS OF THE WEEK 21



Ucz się angielskiego z "Głosem Fizjoterapeuty"

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

dislocation / dislə keisən/

zwichnięcie

After the <u>dislocation</u> of her ankle, the physiotherapist worked with her to rehabilitate the joint and regain stability.

subluxation /sablak seifən/

podwichnięcie

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

laceration

/læsər'eifən/

rana szarpana

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



cramp

/kræmp/

skurcz

Muscle <u>cramps</u> are a common issue among athletes, often caused by dehydration or overexertion during exercise.

delayed onset muscle soreness (DOMS)

/di'leid 'pnset 'masəl 'sə:nəs/

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.





EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

DOMS | subluxation | dislocation | cramps | lacerations

1.	The patient presented with recurrent of the shoulder joint, with the humeral head repeatedly slipping out of the glenoid cavity during overhead activities.	
2.	The athlete suffered a painful of his shoulder during the game and had to be immediately taken to the orthopaedic clinic for treatment.	
3.	near joints can be especially challenging to treat, as they may affect range of motion and require specialized physiotherapy.	
4.	The specific causes of	
5.	The physiotherapist recommended gentle stretching exercises to alleviate the patient's	
	Notes	

Exercise 1.: 1. subluxation, 2. dislocation, 3. Lacerations, 4. cramps, 5. DOMS.

Klucz odpowiedzi:



AGATA PRZYSTAŚ

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