

ĆWICZENIA Lekcja 29.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



EXERCISE 1.

Połącz słowa w kolokacje. Pamiętaj, żeby uczyć się słów w kontekście, łącząc je w dłuższe frazy. Nauka pojedynczych słów sprzyja ich zapomnieniu.

1. early
2. pelvis
3. abdominal
4. intra-abdominal
5. pelvic floor
6. chronic

symptoms
pressure
minor
muscles
pressor
constipation



EXERCISE 2.

Wstaw wybrane kolokacje z poprzedniego ćwiczenia do zdań¹.

1. The primary function of the pelvic floor muscles (PFM) is to surround and support the organs of the
2. Accurate and reliable methods to identify women with of disorders are important.
3. The urogenital system and the exist in symbiosis, so they can directly affect each other.
4. and intestinal diseases, age, obesity, diseases that accompany coughing (asthma, COPD), and weight training with heavy loads, and jumping sports play a big role.
5. Pelvic floor muscles are also part of the, generating intra-abdominal pressure.

EXERCISE 3.**Przetłumacz polskie części zdania na język angielski¹.**

1. This method is one of the (**nieinwazyjnych**), well-tolerated methods, as the electrodes read the electrical potential from the surface of the skin.
2. Questionnaires provide an opportunity to assess the (**dotkliwości objawów**), impact on quality of life, and evaluate therapy.
3. The PFM were also assessed (**pośrednio**) by analyzing the rectus abdominis and adductors muscles.
4. Ultrasonography is becoming more common in physiotherapy practice due to the speed of obtaining data and the possibility of observing (**aktywności odruchowej**).
5. The subjects were (**w pozycji leżącej na plecach**), with the upper extremities along the torso, with slight flexion at the hip and knee joints.

EXERCISE 4.

Słowotwórstwo. Wstaw w luki słowa w odpowiednich formach. W niektórych przypadkach wystarczy dodać przedrostek lub przyrostek, a gdzieś musisz zmodyfikować słowo w znacznym stopniu¹.

Questionnaire assessment

The Pelvic Floor Bother Questionnaire (PFBQ) was used to identify the study group, allowing to indicate and determine the level of **1.** of symptoms of stress urinary incontinence (SUI), frequent urination, the urgency of pushing on the bladder, the **2.** of incontinence, painful or difficult urination, lowering or prolapse of the pelvic organs, difficult defecation, fecal or gas incontinence, and painful intercourse. For the purposes of the study, the **3.** was translated from English and supplemented with a self-administered questionnaire to complete the data and indicated the symptoms of painful menstruation, the severity of pain and painkillers used; the duration of **4.**, changes in the abundance of bleeding and medications affecting it; complaints of localized pelvic or lumbar pain; pelvic **5.**; diseases associated with chronic cough; use of trampolines or participation in jumping sports; performance of strength exercises, associated with lifting heavy weights; past pregnancies and how they were resolved.

1. severe
2. urgent
3. question
4. blood
5. flame

Notes

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EXERCISE 5.

Przeczytaj fragment artykułu i wstaw do luk właściwe słowo z listy, by stworzyć logiczne i poprawne gramatycznie zdanie¹.

childbirth | relaxation | uterus | pressure | constipation | atrophy

Etiology of pelvic floor muscle weakness

Weakening (hypotonia) of the PFM is a situation in which the muscles cannot achieve full **1.**, do not respond/weaken to the command to contract, and lack automatic response to an increase in intra-abdominal **2.** Factors that weaken the pelvic floor include a history of pregnancy and **3.**, especially by natural means, increasing the risk of weakness by 2-3 times, partial denervation, and overstretching or muscle **4.** In addition, chronic **5.** and intestinal diseases, age, obesity, diseases that accompany coughing (asthma, COPD), and weight training with heavy loads, and jumping sports play a big role. Symptoms of impaired PFM include sexual dysfunction, lowering/fall of the pelvic organs (vagina, **6.**, bladder), urinary incontinence, menstrual disorders, chronic inflammation, and pain, localized to the pelvic area.

EXERCISE 6.

Przeczytaj fragment artykułu, wybierz prawidłowy przyimek i zaznacz czy zdanie pod tekstem jest prawdziwe (TRUE) czy fałszywe (FALSE)?¹

The Glazer protocol is a therapeutic tool (also known (**1. as / for** biofeedback) that also allows assessment **2. of / to** the urogenital system in women with abnormalities in this area. Currently, data are being collected **3. with / from** groups with specific dysfunctions and from a control group. One **4. of / in** the first studies in which researchers attempted to collect data among healthy women for all phases **5. by / of** the protocol is that conducted by Oleksy et al.

6. Glazer protocol may be used to assess the urogenital system in women with abnormalities in this area.

TRUE / FALSE



