WORDS OF THE WEEK 22



Ucz się angielskiego z "Głosem Fizjoterapeuty"

Dziś nauczysz się pięciu przydatnych słów dotyczących **zakresu ruchu**.

flexion /'fleksn/

zgięcie

<u>Flexion</u> involves bending or reduction of the angle between two body parts, the joint included.

extension /ik'stenfn/

wyprost

The assessment of preoperative and postoperative total active and passive flexion and **extension** of the knee.

contracture

/kənˈtræktʃə(r)/

przykurcz

A **contracture** is when there is immobility in a joint and it remains in a fixed position of hyper extension or flexion.



goniometer

/gooni'amətə(r)/

goniometr

A **goniometer** is a tool used to measure the angle of a joint and assess range of motion.



/'pæsiv reind3 əv 'məusn/

bierny zakres ruchu

The physiotherapist assessed the patient's passive range of motion (PROM) in the shoulder joint to determine the extent of their mobility after surgery.





EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

contracture | flexion | goniometer | passive range of motion | extension

1.	After a knee injury, the patient was advised to perform gentle exercises to regain mobility in their joint.
2.	joint flexibility, prevent contractures in individuals who may have limited or impaired mobility.
3.	Dupuytren'sis a benign disorder of the palmar fascia causing progressive contractures of the fingers.
4.	The cervical spine's range of motion is approximately 80° to 90° of flexion, 70° of, 20° to 45° of lateral flexion, and up to 90° of rotation to both sides¹.
5.	The was used to measure and document the patient's range of motion in their knee joint throughout their recovery process.
Notes	

Bibliografia:

1. Erik E. Swartz, R. T. Floyd, Mike Cendoma. Cervical Spine Functional Anatomy and the Biomechanics of Injury Due to Compressive Loading. Journal of Athletic Training 2005;40(3):155–161

Exercise 1.: 1. flexion, 2. passive range of motion, 3. contracture, 4. extension, 5. goniometer.

Klucz odpowiedzi:



AGATA PRZYSTAŚ

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