

WORDS OF THE WEEK 22

Ucz się angielskiego z „Głosem Fizjoterapeuty”



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

flexion /'fleksjən/
zgięcie

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

extension /'ek'stenʃən/
wyprost

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

contracture
/kən'træktʃə(r)/
przykurcz

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

**RANGE
OF MOTION**

goniometer
/ˌɡoʊni'əmɪtə(r)/
goniometr

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

passive range of motion (PROM)

/'pæsɪv reɪndʒ əv 'məʊʃən/
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.



