

WORDS OF THE WEEK 24

Ucz się angielskiego z „Głosem Fizjoterapeuty”



Dziś nauczysz się pięciu przydatnych słów dotyczących łokcia tenisisty.

lateral epicondyle /'lætərəl ˌepɪ'kɒndail/
nadkłykieć boczny

The **lateral epicondyle** of the humerus is a bony prominence located on its outer side.

strain /streɪn/

nadwyrężenie, przeciążenie

Tennis elbow is mainly caused by the **strain** that occurs when engaging in activities that involve gripping and extending the wrist while, under load.

wrist

/rɪst/

nadgarstek

Wrist bones articulate with radius and ulna.

**TENNIS
ELBOW**

contraction

/kən'trækʃən/

skurcz

Eccentric **contraction** refers to a type of muscle activation in which the muscle lengthens while it is under tension.

recurring /rɪ'kɜːrɪŋ/

nawracający

The most common symptom of tennis elbow is **recurring** pain on the outside of the upper forearm.



EXERCISE 1.

Uzupełnij luki w zdaniach słowami z listy.

wrist | lateral epicondyle | strain | recurring | contractions

1. The extensor carpi radialis brevis originates from the of the humerus.
2. Lateral epicondylitis also known as “tennis elbow” is often a chronic condition with lateral elbow pain.
3. Because eccentric are more common in muscle injury, beginner players are more likely to develop lateral epicondylitis.
4. curls and wrist radial deviation are some of the exercises for lateral epicondylitis.
5. Tennis elbow can be caused by not only playing sports but also by everyday activities which can the tendons.

Notes

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Klucz odpowiedzi: Exercise 1.: 1. lateral epicondyle, 2. recurring, 3. contractions, 4. wrist, 5. strain.



AGATA PRZYTAŚ
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