

ĆWICZENIA Lekcja 30.

Ucz się angielskiego z „Głosem Fizjoterapeuty”



EXERCISE 1.

Połącz słowa w kolokacje.

1. urogenital
2. pelvic
3. childless
4. endovaginal
5. urinary
6. vaginal

electrode
birth
system
woman
incontinence
floor muscles



EXERCISE 2.

Przeczytaj fragment artykułu na temat postawy i problemów z głosem. Podczas czytania wstaw do luk prawidłowe wyraz z listy¹.

incontinence | undergo | hypertonia | prolapse | disorders | vaginally

Introduction

The pelvic floor is an extremely important place in the female body. Like any other area of the body, it, too, can **1.** various types of dysfunctions related to a disorder of the tension of the muscles there. Two types of these disorders have been distinguished: hypotonia, or decreased tension, and **2.**, or increased tension.

Reduced muscle tone, especially in young women, can result in sexual **3.**, which include sexual arousal disorder and anorgasmia. At a later age, during menopause, reduced pelvic floor muscle (PFM) tone can cause urinary and fecal **4.** Hypotonia is also often faced by women who have given birth **5.**, as well as those who are overweight.

In these two groups, it can be the cause of abnormal statics of the reproductive organs, which can manifest as lowering or even **6.** of the reproductive organs. Increased pelvic floor muscle tone can lead to pain in the vulva, bladder, rectum, epigastrium, lumbar spine, groin, and lower extremities.

EXERCISE 3.

Odpowiedz na pytania na podstawie przeczytanego fragmentu artykułu. Napisz odpowiedź odręcznie ponieważ ćwiczenie pisania jest istotnym elementem w nauce języka.

1. What are the two main types of pelvic floor muscle dysfunctions mentioned in the paragraph, and how are they defined?

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2. Which groups of women are highlighted as more prone to hypotonia in the pelvic floor?

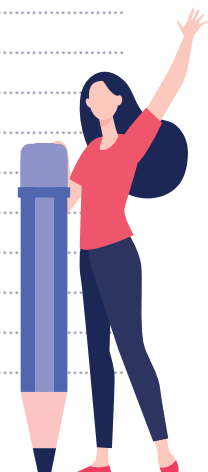
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3. According to the paragraph, what are some of the potential areas of pain?

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Notes

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EXERCISE 4.

Połącz słowa z ich definicjami.

1. vulva
2. bladder
3. rectum
4. epigastrium
5. lumbar spine
6. groin
7. lower extremity

- A** A sac that functions as a storage for urine.
- B** The segment of the intestine connecting the colon to the anus.
- C** It refers to the part of the genitalia, which includes the labia and clitoris.
- D** It refers to the portion of the spine between the thoracic spine and sacrum.
- E** The junction between your abdomen and thigh.
- F** This term encompasses all parts of your body's limbs, including thighs, legs and feet.
- G** This term is used to describe the region of the abdomen situated above the stomach.

**EXERCISE 5.**Przeczytaj 2 fragment artykułu i przetłumacz na język angielski wyrazy w nawiasach¹.**Summary**

The case report presented here indicates that **1.** (**dopochwowa**) electrostimulation (with the parameters selected for the project purposes) **2.** (**połączona**) with PFM exercises can be an effective tool for improving changes in PFM bioelectrical activity in a young, healthy **3.** (**kobiety nieródki**) with no urogenital dysfunction. However, the desired effect was not obtained in all parameters. Hence, further clinical studies should be conducted to verify the **4.** (**efektywność**) of the proposed physiotherapeutic methods in preventing PFM dysfunction, as well as to determine the **5.** (**odpowiednie**) parameters of endovaginal electrostimulation protocol.

EXERCISE 6.

Wybierz właściwe słowo by stworzyć logiczne i poprawne gramatycznie zdanie. Nie daj się zmylić!

1. In these two groups, it can be the cause of abnormal statics of the reproductive organs, which can manifest as lowering or even **prolapse / decline** of the reproductive organs.
2. However, the desired **affect / effect** was not achieved in all parameters.
3. In addition, it may prove helpful for patients with extremely weak perineal **extremities / muscles** in teaching them to contract correctly.
4. The **contraction / contracture** should be maintained for 5–6 to a maximum of 10 seconds.
5. When performing the PFM contraction, it is recommended to keep the abdominal **muscles / notches**, thighs, buttocks, and back extensors relaxed.
6. Women point to feelings of shame, embarrassment, and gradual withdrawal **from / in** social and professional life.

EXERCISE 7.

Odpowiedz na te pytania bazując na ogólnodostępnej wiedzy i własnym doświadczeniu zawodowym.

1. **What are the potential advantages of pelvic floor therapy for women in different stages of life such as during pregnancy and postpartum healing as well as in menopause?**
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2. **How do cultural and societal factors influence women's willingness to seek pelvic floor physical therapy?**
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3. **What role does patient education play in pelvic floor physical therapy?**
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Notes

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Bibliografia:

1. Julia Katarzyna Duda: Assessment of the impact of endovaginal electrostimulation and exercises on the pelvic floor muscles bioelectrical activity in a young, healthy woman – a case report. *Research, Physiotherapy Review*, 2023, 27(3), 71-79



- Exercise 1.
1. urogenital system, 2. pelvic floor muscles, 3. childless woman, 4. endovaginal electrode, 5. urinary incontinence, 6. vaginal birth.
- Exercise 2.
1. undergo, 2. hypertonia, 3. disorders, 4. incontinence, 5 vaginally, 6. prolapse.
- Zadanie otwarte
- Exercise 3.
1. C, 2. A, 3. B, 4. G, 5. D, 6. E, 7. F
- Exercise 4.
1. endovaginal, 2. combined, 3. nulliparous woman, 4. effectiveness, 5. appropriate.
- Exercise 5.
1. prolapse, 2. effect, 3. muscles, 4. contraction, 5. muscles, 6. from.
- Exercise 6.
Zadanie otwarte
- Exercise 7.
Zadanie otwarte

Klucz odpowiedzi:



AGATA PRYZYTAŚ

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