

Vocabulary Revision

Match the words to their definitions:

incapacitated	a procedure involving removing, or replacing a body part
stroke	sudden loss of brain function caused by a blockage of a blood vessel
treadmill	not having enough strength or power; "lying ill and helpless"
surgery	restore to good health or useful life
rehabilitate	an exercise machine for running or walking

Put the letters in the following words in the correct order and you will get common types of physical therapy:

asmsaeg

ydhothrapyre

ryocteyraph

diferanr yars

otntcras abth

Match the types of treatment and the problems:

muscular pain	hot packs
insomnia	FES
stroke	hot packs
nerve injury	hydrotherapy

Fill in the gaps with suitable words:

prescription, ambulance, surgery, diet, pills

1. If you want to be fit you should exercise regularly and follow a healthy _____.
2. Her face looks totally different after plastic _____.
3. I am afraid he has just had a heart attack, please, call the _____.
4. Take these _____ - they will make you feel much better.
5. The doctor gave me a _____ and I went to the pharmacy to buy the medication.

Which of the following neurological conditions (Parkinson's, Alzheimer's, Lou Gehrig's, Guillain Barre):

- causes shaking and loss of coordination
- robs the brain and spinal chord of the ability to move
- can be so serious that emergency hospitalization is required
- causes the loss of neurons and synapses in the cerebral cortex

Match the words with their synonyms:

revive	happen
severe	defeat
occur	renovate
overcome	bend (n)
disorder	serious
curvature	illness

Fill in the missing letters and you will get the names of pediatric disorders:

to...t...c...ll...s
...c...li...s...s
c...r...br...l ...a...s..

Match the muscles to their functions:

pectoral muscle	raise and lower upper arms
quadriceps	straighten the knees
triceps	turn the upper half of the body
intercostals	helps to stand on toes
gastrocnemius	lowers the arm

Underline the appropriate name for each of these sports injuries:

- a common skin injury resulting in discoloration of the skin and blue or black marks (cut, strain, bruise)
- a medical condition in which there is a break in the continuity of the bone (sprain, fracture, strain)
- wounds caused by sharp objects, such as knives or glass (bruise, cut, blister)
- a small pocket of fluid within the upper layers of the skin (strain, bruise, blister)

Fill in the gaps using the words from the list:

supervision, take into account, conduct, anxiety

It is necessary to find out which exercises are safe for you. Developing a safe exercise programme requires _____ several factors _____.
Most often after a heart attack, the first several exercise sessions will be _____ under medical _____, possibly with cardiac monitoring.

It is quite common to go through a period of depression or _____ after an MI (myocardial infarction).

Match the words related to childbirth to their definitions:

postpartum	group of muscles that assists in the regular breathing movement
caesarean	section process of giving birth
multiparous	period after childbirth
labor	a surgical procedure performed to help the woman deliver the baby
abdominals	women who have had more than one child

Divide the following exercises into moderate and vigorous:

- Gardening
- Rowing
- Dancing
- Walking quickly on a level surface
- Mopping floor
- Cycling on a stationary bicycle
- Swimming laps
- Fast bicycling up hills
- Climbing stairs

Find ten words related to physiotherapy:

EWUFODBFOGJTGOJPTSTROKEFIDKDOVUCKSPSPKJ
FURITHYDROTHERAPYFHJGOSLAPRCHUEMSOGULG
FUTSOVUTHBUAYELAKTMASSAGEVHUWOPQUAKHI
INJURYTUGPYBKDHYAPLEGHUVDPALVHUEYLJPI
ALFHTKBHUDOPERFOGLTBHDYPREHABILITATIONH
STRETCHINGVHGPQVKYLNPRCHDKALPFLVMEHVLI
VMTLBPLEDPFJVKDUSHCPVPQGQUADRICEPSAPEBN
VHELRFPGWLFTPOSTPARTUMGHTUVNDLQPALRHI
RECOVERYVHTPEDLSKAWGNTYFPBTLDHCUEPSVPL
GHTYEPVRPDSWLVOFTYGOBPROVLEXERCISEVHTM