

## Unit 4 Sports Injuries

### Task 1 Listening - The benefits of good posture

(<https://www.youtube.com/watch?v=OyK0oE5rwFY>)

#### Watch the video and answer the questions below:

- Why is good posture important?
- What does bad posture cause?
- What does good posture look like?
- What can we do to improve our posture?

#### Now explain the meaning of the following expressions:

*slouch – awkward position – wear and tear on ligaments – likelihood – exclusive cause - efficient - fatigue*

### Task 2 Injuries - Quiz

1. The floor is wet, you might \_\_\_\_\_  
a) trip b) slip c) flip
2. She has a \_\_\_\_\_ arm.  
a) broke b) snapped c) broken
3. Your room is very messy, you might \_\_\_\_\_ over all those cables.  
a) kick b) bump c) trip
4. I hit my arm hard against the table and now I've got a big \_\_\_\_\_.  
a) bruise b) blister c) scar
5. He \_\_\_\_\_ the stairs, but he's OK. Don't worry.  
a) fell off b) fell out c) fell down
6. Put your foot into cold water to help the \_\_\_\_\_ go down.  
a) graze b) wound c) swelling
7. He wasn't careful and \_\_\_\_\_ his hand on the stove.  
a) cut b) bruised c) burned

### Task 3 Sports injuries - Vocabulary

#### a) Check the pronunciation of these words:

inflammation - concussion – contusion – fracture – meniscus – cartilage – recovery – severe - chronic

#### b) Study the list of injuries below. Do you know their Czech equivalents? Which of the injuries have you suffered? Which are most serious? Can you estimate the time needed for recovery after some of the injuries?

##### Achilles Tendinitis

The Achilles tendon attaches the muscles of the lower leg (gastrocnemius and soleus) to the heel. Achilles tendinitis is inflammation of this tendon generally caused by overuse or a direct blow.

### Cruciate Ligament Injury

The anterior cruciate ligament (ACL) and the posterior cruciate ligament (PCL) attach the thighbone (femur) to the shinbones (fibula and tibia) acting to stabilize the knee joint. The ACL and PCL can be injured primarily by rotational forces on the knee. ACL and PCL sprains are categorized as first, second, and third-degree.

### Concussion

A concussion is caused by a direct blow to the head. Depending upon the severity of the concussion, injury can cause varying levels of **impairment** of brain function. Concussions are categorized as mild (grade 1), moderate (grade 2), or severe (grade 3) depending upon symptoms.

### Contusion

A contusion is basically a deep bruise that is caused by direct **impact**. In football we generally hear about quadriceps (thigh) contusions.

### Dislocation

A dislocation occurs when the ball of a joint is forced out of its socket (i.e. arm forced out of the shoulder joint). A dislocation must be **reset** by proper medical professionals.

### Fracture

A fracture is a break, crack, or shattering of a bone. In closed fractures, the broken bone does not **pierce** the skin, while in open fractures, the broken bone breaks the skin's surface.

### Meniscus Injuries

The medial and lateral menisci are the cartilage shock absorbers located inside the knee joint. These can be damaged by **excessive** twisting, turning, or compression at the knee joint, which produces tears. Due to the poor blood supply, meniscal injuries generally require surgery for repair.

### Sprain

This is an injury that involves the stretching, partial tearing, or complete rupture of a ligament. Sprains are categorized as first, second, or third degree. Sprains occur when a joint is forced beyond its normal range of motion, such as turning or rolling your ankle.

### Stinger

A stinger, also called a burner or nerve pinch injury, is a very common injury in football. This injury involves a stretch or compression of the brachial plexus (a complex system of nerves that involve the back, neck, shoulders, and arms). Stingers generally cause shooting pain down the arm(s).

### Strain

Strains are injuries that involve the stretching, **partial** tearing, or complete tearing of a tendon. Strains are categorized as first, second, or third degree. Chronic strains are injuries that gradually build up from overuse or repetitive stress.

([http://www.fftoolbox.com/football/football\\_injury\\_glossary.cfm](http://www.fftoolbox.com/football/football_injury_glossary.cfm))

**c) Complete the gaps with the expressions highlighted above, change the form if necessary:**

The operation was only a ..... success.

Renal ..... needs to be treated urgently.

If your bone is broken, you need to see a professional to have it .....

..... exercise can lead to muscle strain.

The needle ..... his skin.

Football is a low- ..... sport – there is little stress on joints.

**Task 4 Injuries - Causes and symptoms**

*Which of the below are the causes and which are the symptoms of sports injuries? Can you think of some other causes and symptoms?*

- athletic equipment that malfunctions or is used incorrectly
- weakness and pain
- falls
- limited range of motion
- swelling
- forceful high-speed collisions between players
- instability or obvious dislocation of a joint
- inability to move a limb
- wear and tear on areas of the body that are continually subjected to stress
- muscle spasm

**Task 5 Listening**

(<http://www.youtube.com/watch?v=JwJHit6j5QU&feature=related>)

**How to prevent youth sports injuries**

*Discuss the questions below with your partner before you listen – how would you answer? Then listen to an interview with a sports program director talking about prevention of injuries and note down his answers.*

1. What causes the increase in youth injuries?
2. How many kids are hurt annually?
3. What are the 6 tips given to parents to prevent an injury of a child?

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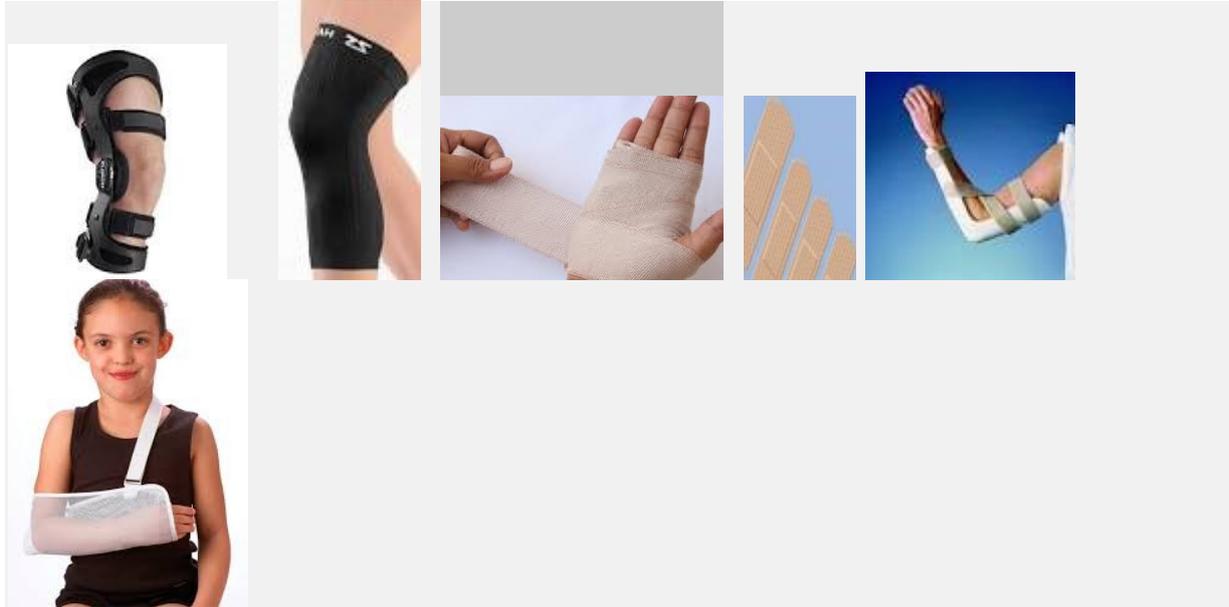
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4. What is the most dangerous sport for girls and why?

## Task 6 Treatment of injuries

a) Match the words below with pictures:

elastic bandage wrap – sling – knee sleeve – arm splint - sticking plaster - knee brace



## Task 7 Vocabulary

Complete the phrases:

- Are you in p \_ \_ \_ ?
- Where does it h \_ \_ \_ ?
- Is it m \_ \_ \_ , severe or very severe?
- Is the pain sh \_ \_ \_ , dull, constant or intermittent?
- Do you have any tingling se \_ \_ \_ \_ \_ \_ in your hands or feet?

## Task 8 Listening - Concussion

Listen to a TED programme on concussion and take notes. Prepare to summarise the main points.

<https://ed.ted.com/lessons/what-happens-when-you-have-a-concussion-clifford-robbins>