

Unit 3 Physical Therapy – profession, procedures

PROFESSION

Task 1 Discuss:

1. Why did you choose physiotherapy as your major?
2. What is the most exciting thing about your profession?
3. What is the most difficult thing about your profession?
4. Why do you think physiotherapy is important?
5. Where would you like to work after graduation?

(hospitals – physiotherapy clinics – sports clinics – rehabilitation centres – spas – long-term care centres – nursing homes – health centres – patients' own homes – day care centres – assisted living facilities)

Task 2 Reading

Before reading: Match the words to their definitions:

incapacitated	a sudden loss of brain function caused by a blockage of a blood vessel
stroke	a procedure involving removing, repairing, or replacing a body part
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

Find the synonyms to the following words in the text:

getting better –	the physical state -	movement -
disease –	ordinary –	machine –

Career Profile

A physical therapist (PT) is a health professional helping to rehabilitate a patient while recovering from surgery, or a patient who has been injured or incapacitated in some way by an accident, illness or stroke.

A physical therapist may see patients in a medical office or hospital setting. Physical therapy ranges from short-term to long-term depending on how serious the patient's condition is.

For example, a patient who has had a relatively routine knee surgery may need a few sessions of physical therapy to get his or her knee back to its full range of motion.

On the other hand, a more seriously injured patient may require months of physical therapy just to gain the strength and range of motion needed to stand and walk.

Typical Work Load and Work Environment:

Physical therapists may see patients in a medical office, such as an orthopedic surgery practice, or hospital setting. Typically a patient will be referred to a physical therapist by a physician, who prescribes the physical therapy treatment and follows up to assess the patient's progress regularly after one or more courses of therapy.

A physical therapy room is equipped with a variety of apparatus, used to rehabilitate patients. This may include weights, mats, and treadmills where PT's can perform a variety of exercises with the patients to improve motor skills, sensory perception, and muscle strength.

(<http://healthcareers.about.com/od/alliedmedicalprofiles/p/PhysicalTherapist.htm>)

After reading: Find the following information in the text:

- whom does a PT help?
- where does a PT usually work?
- what equipment does a PT room normally have?
- how does exercise help patients in rehabilitation?

Task 3 Listening

Required Skills for Physical Therapists:

Discussion point: In your opinion, which skills should a physical therapist have?

Video

http://www.youtube.com/watch?v=YqZGswvhRZw&feature=results_video&playnext=1&list=PL5DB325AC60CBA473

Before watching - Vocabulary:

Compassionate- understanding and caring about someone who is in a bad situation

Fragile- easy to break or damage

Humanitarianism-based on the similarity to the word used in Czech, can you explain the meaning?

Disabled-the one who is unable to use a part of their body

Vital-very important, necessary

1. Watch the video and prepare to answer the following questions:

Which chronic disease is mentioned in the video?

Why should a PT be in a good physical condition?

Which administrative tasks should a PT do?

2. Watch again and fill in the gaps:

Physiotherapists combine _____, medicine and humanitarianism to teach patients how to help themselves.

They play a vital role in helping _____ victims and the disabled recover from injuries.

Because of the fragile _____ of many of their patients, PT must be compassionate and _____ when working with others.

A career in physiotherapy offers specialization in particular areas such as pediatrics, _____ or neurology.

PROCEDURES

Task 1: The words below are names of common types of physiotherapy. Fill in the missing letters.

m...ss...g...
h...dr...th...rapy
l...s...r ther...py

...ryot...erapy
i...fr...red rays
...on...r...st b...th

Task 2: Read the explanation and name the type of physiotherapy treatment.

In (.....), exercises are done under water in a tub or canal. The movement can be performed more easily under water than air because the buoyancy in water eliminates gravity.

(.....) is one of the oldest of the Health sciences and has been used for curative purposes since time immemorial. It uses "TOUCH" to apply pressure to the body's skin, muscles, tendons, ligaments.

This kind of physiotherapy treatment involves use of low frequency current.

(.....) is used to activate and train a muscle, which has lost its action or in training a muscle which has lost or 'forgotten' its action after an injury / surgery.

A (.....), also called hot/cold immersion therapy, is a method of treating soreness, swelling, and inflammation in a person's joints or muscles. It increases muscle blood flow without expending energy in order to facilitate the flushing of metabolic waste.

(Adapted from: <http://www.punjabkesari.com/health/Physiotherapy-types.htm>)

Task 3: Which type of treatment would you advise in case of...and why?

- muscular pain _____
- insomnia _____
- stroke _____
- nerve injury _____

EQUIPMENT

Task 1 Complete the gaps with the correct form of the verb in brackets

Equipment Used in Physical Therapy

Physiotherapists _____ (use) a wide range of physiotherapy equipment to reduce and relieve pain, repair the joints and muscles, and to make the patient more comfortable during his or her visit.

A physiotherapy chair, bed, couch, or table is among the various types of physiotherapy equipment. This is generally a flat cushioned bench with cushioned head support and two to seven sections. The PT _____ (use) this to keep the patient comfortable while examining and diagnosing. It is also _____ (use) while the patient performs specific exercises, or for massage therapy.

For exercise a physical therapist might bring in hand and leg weights, elastic bands, and exercise balls as part of their physiotherapy equipment. A balance ball chair is a large ball _____ (fill) with air securely attached to a small stool set on rollers with back support. The client may _____ (use) this type of equipment for exercises that require support for less strain on the spine and back.

To relieve pain physiotherapy equipment such as a TENS, or Transcutaneous Electrical Nerve Stimulation, system may _____ (use). A TENS unit _____ (provide) the patient with temporary

pain relief without the _____ (add) use of drugs, narcotics, or painful shots. The attachments are set on the skin over the _____ (affect) area where the machine sends tiny electrical currents, or pulses to the nerves.

Often _____ (include) in a physical therapist's equipment are items _____ (use) in electrotherapy and ultrasound. Ultrasound devices generally consist of a round handheld wand, or probe. This probe _____ (place) on the patient's skin with the use of ultrasound gel to transmit ultrasonic waves through the skin.

Each physical therapist has her or his own method of treatment. These examples are just some of a long list of physiotherapy equipment _____ (use) to treat patients.

<http://relieve-backpain.com/physiotherapy/permalink.php?article=Physiotherapy+Equipment.txt>

Now complete the sentences in passive voice:

ACTIVE VOICE

PASSIVE VOICE

The therapist uses the new method.	The new method _____
The therapist is using the new method.	The new method _____
The therapist used the new method.	The new method _____
The therapist has used the new method.	The new method _____
The therapist should use the new method.	The new method _____
The therapist will use the new method.	The new method _____

Task 2 Do you know the aids listed below? What are they used for?

Exercise mat	Fins
Exercise bar	Massage ball
Weights (dumbbells)	Squeeze ball
Unstable platform	Treadmill
Underarm crutches	Rowing apparatus
Walker	Stationary bike

Task 3 Word formation

Form nouns from the verbs, e.g. reduce – reduction

Relieve	Induce	Stimulate
Apply	Perform	Improve
Place	Supply	Inflate
Swell	Treat	
Set	Sense	

Task 4 Listening: Laser therapy

1. Watch the video “Laser therapy” and answer the following questions.

<http://www.youtube.com/watch?v=qlc6DjdOp6Q>

- What are the problems that laser can treat?
- Why is it so effective?
- Why is it suitable for children?

2. Watch again and fill in the blanks.

...newest technology in physical therapy that is _____ to physical therapists...

...it is actually light that is going into the _____, it is affecting each one of the individual cells and promotes the _____ for each cell so therefore, as the cells get better there is less pain and less _____ and your symptoms get _____ quicker.

.. it is great for any type of _____ and _____ issue.