

## English for Physiotherapists - Revision 2 Exercises

### 1. Use the correct form of the verb for the following conditional sentences:

- a) 2<sup>nd</sup> conditional: If I \_\_\_\_\_ a more ergonomic chair for my workplace, I \_\_\_\_\_ less muscle tension in my shoulders. (*buy, develop*)
- b) 1<sup>st</sup> conditional: If you \_\_\_\_\_ too much fast food, you \_\_\_\_\_ weight. (*consume, put on*)
- c) 3<sup>rd</sup> conditional: If \_\_\_\_\_ the patient's winged scapulae, I \_\_\_\_\_ he has a shoulder injury. (*notice, suspect*)

### 2. Complete the gaps in the following paragraph about orthopaedic physiotherapy:

Orthopaedic physical therapy focuses on the problems of the m\_\_\_\_\_ -s\_\_\_\_\_ system (muscles, bones, ligaments, tendons, cartilage). It deals with d\_\_\_\_\_ and t\_\_\_\_\_ such injuries, and r\_\_\_\_\_ following orthopedic operations as well. Orthopaedic physiotherapists play an important role *particularly* in treating patients who have undergone j\_\_\_\_\_ r\_\_\_\_\_ surgery, who have been injured *due to* sporting activities, and in treating conditions such as a\_\_\_\_\_, f\_\_\_\_\_ and spinal p\_\_\_\_\_.

### 3. Name some common conditions physios might see when working in orthopaedics:

### 4. Answer true / false for the following questions:

- a) Fibromyalgia is most commonly seen in young men and often presents as an acute condition or a chronic condition. T / F
- b) Osteoarthritis is a very common, degenerative disease that usually affects the large weight bearing joints such as the hips and knees, and also the fingers. It is common in geriatric patients. T / F
- c) Carpal tunnel syndrome occurs when there is overstretch of the ulna nerve at the wrist joint, resulting in pain or changes of sensation on the ulna side of the hand. T / F
- d) Osteoarthritis is a disease of the bones where a lack of minerals such as calcium in the bones results in thin, brittle bones that are susceptible to fractures. T / F

### 5. What types of treatment would physios use with a patient with:

- a) an acute dislocated patella:
- b) a middle aged lady with chronic fibromyalgia:
- c) a ruptured Achilles tendon following surgical repair:

**6. What type of walking aid is used with:**

- a) Younger patients who are quite mobile, but who are recovering from lower limb surgery or a fracture, and need to reduce their weight bearing through one side in the post-operative period:
- b) Older patients who need significant assistance with balance and weight bearing due to injury, general weakness or lack of mobility:
- c) Usually older patients who require some minor assistance with their balance but don't require any significant load or weight reduction off one of their legs:
- d) A CVA patient who is attempting to walk again, but is still suffering from significant hemiparesis on one side, as well as general strength and balance deficits:

**7. What are the advantages of:**

- a) arthroscopic surgery over open surgery:
- b) An MRI scan over an X-Ray:

**8. What does it mean to:**

- a) go under the knife
- b) be under the weather
- c) to get a taste of your own medicine

**9. What are some general medical and health issues that are common in geriatric patients?**

**10. Answer true / false to the following questions:**

- a) As individuals move into older age, they have increasing generalized muscular hypertrophy and corresponding gains in muscular strength as a natural part of aging. T / F
- b) Poorer balance, coordination, strength and reaction time are all reasons why geriatric patients are more at risk of falls and subsequent fractures. T / F

c) Elderly patients demonstrate significant degenerative changes on X-Ray, which corresponds with clinical features of increasing spinal stiffness and loss of natural flexibility. T / F

d) Alzheimer's disease and senile Dementia are common geriatric conditions which may manifest with symptoms including cognitive decline and impairment of physical movement and ADL's. T / F

**11. Name some important types of treatment used for geriatric patients:**

**12. How is working with paediatric patients different to adult patients for physiotherapists?**

**13. Complete the gaps in the following sentences about paediatric conditions:**

a) *Cerebral palsy (CP)* is a group of disorders that affect a person's ability to move and maintain b\_\_\_\_\_ and p\_\_\_\_\_. CP is the most common motor d\_\_\_\_\_ in childhood. It is caused by abnormal brain development or damage to the developing brain that affects a person's ability to c\_\_\_\_\_ his or her m\_\_\_\_\_.

b) *Spina bifida* is a birth d\_\_\_\_\_ in which there is incomplete closing of the s\_\_\_\_\_ and the m\_\_\_\_\_ around the spinal cord during early development in p\_\_\_\_\_. There are three main types: *spina bifida occulta*, *meningocele* and *myelomeningocele*. The most common location is the l\_\_\_\_\_ b\_\_\_\_\_, but in rare cases it may be in the middle back or neck.

c) A *d\_\_\_\_\_ d\_\_\_\_\_* refers to a child who has not gained the developmental skills expected of him or her, c\_\_\_\_\_ to others of the same age. Delays may occur in the areas of motor f\_\_\_\_\_, speech and l\_\_\_\_\_, cognitive, play, and s\_\_\_\_\_ skills. Global developmental delay means a young child has s\_\_\_\_\_ delays in two or more of these areas of development.

**14. Answer the following questions:**

a) What is another name for muscles that are hypertonic due to dysfunction of the central nervous system, resulting in difficulty of normal movement and function?

b) How do we describe the uncontrolled movement and other symptoms due to sudden, excessive electrical activity in the brain (eg in epilepsy)?

c) Name the conditions in spinal cord injury where the lower extremities may become paralysed, and where all extremities plus the trunk may become paralysed?

d) What is the name of the progressive condition where common symptoms include tremor, difficulty with walking, stiffness and muscular rigidity and cognitive decline?

e) What is the name of the condition of the peripheral nervous system where the myelin sheath is affected, resulting in slower conduction of nerve impulses along the course of the nerve, and which occurs in exacerbations and remission periods?

**15. Discuss some of the types of treatment physiotherapists use with neurological patients:**

**16. Name 3 cardiopulmonary conditions and the symptoms commonly seen in them:**

**17. Complete the following sentences by filling in the gaps:**

a) Air enters the \_\_\_\_\_ and travels through the \_\_\_\_\_ airways, before passing down through the \_\_\_\_\_, which divides into the left and right \_\_\_\_\_, and then these divide into the \_\_\_\_\_. Finally air arrives in the \_\_\_\_\_ - the air sacs of the lungs where \_\_\_\_\_ exchange takes place.

b) A physiotherapist may use the technique of \_\_\_\_\_ to listen to the lungs. Here, they use a \_\_\_\_\_ and ask the patient to \_\_\_\_\_ and \_\_\_\_\_ while listening to the breath sounds in the lungs.

c) \_\_\_\_\_ patients are prone to severe attacks of shortness of breath due to bronchoconstriction in the lungs. A physiotherapist may help by teaching the patient \_\_\_\_\_ breathing techniques as well as how to use their \_\_\_\_\_ properly for their medication (eg ventolin).

d) Patients with \_\_\_\_\_ fibrosis may require daily postural \_\_\_\_\_ and airway \_\_\_\_\_ techniques, in order to clear the lungs of \_\_\_\_\_ and assist breathing.

**18. Choose the correct answer:**

a) The build up of excess fluid between the layers of the pleura, the thin membranes that line the lungs is known as: bronchiectasis / pleural effusion / pleural membranous / pneumonia

b) A chronic lung condition where the alveoli become weakened and rupture, creating larger air spaces within the lungs rather than the usual small ones: emphysema / asthma / lung cancer / cystic fibrosis

c) Blockage of an artery in the lungs caused by an obstruction that has moved through the bloodstream from elsewhere in the body: pleural effusion / heart attack / myocardial infarction / pulmonary embolism

d) A hereditary disease that affects the lungs and the digestive system. The body produces thick, sticky mucous which can obstruct the lungs: chronic bronchitis / a severe cold / cystic fibrosis / caustic fibroma

**19. What is the physiotherapist's role as part of a cardiac rehabilitation team? Who else do they work with?**

**20. Discuss the relationship between the following:**

- a) Catastrophic thinking and fear avoidance?
- b) Psychological screening tests and yellow flags?
- c) Activity cycling and flare ups?
- d) Pacing and self efficacy?

**21. What are the five stages of grief / loss that someone may go through (in order)?**

**22. Name what the following sentence is describing:**

- a) Functional level of an individual related to their ability to carry out and achieve tasks and functions related to normal activities of daily living and other normal functional areas of their life:
- b) The manner in which a patient follows what they should be doing, eg taking medications as prescribed, attending appointments, completing home exercise programs, etc:
- c) The specific efforts in terms of behaviour and thinking which people may adopt to address or overcome a problem or challenge. Sometimes these may be classified into active or passive / avoidant strategies:
- d) These may include verbal descriptions of the pain (sometimes exaggerated), using medication (eg overuse), verbalisations of distress (eg moaning, gasping, crying) and non-verbal cues such as avoiding tasks or adopting pain related postures or facial expressions: