

English for Physiotherapists bp 4810

Lecturer: Alex Floyd – EFL teacher, Bachelor of Science (physiotherapy) / Master of manipulative therapy (Curtin University, Australia).

Course dates / times:

- Seminar group 1: Tuesdays 16.00 – 17.40 B11 / room 235
- Seminar group 2: Thursdays 18.00 – 19.40 C15 / room 207

* If these seminars have to move online due to the Covid-19 pandemic, they will take place on MS Teams (which you will need to download) at the same time / dates as the original seminars.

Course Objectives:

- To introduce basic knowledge and vocabulary of physiotherapy disciplines in English.
- To improve knowledge of professional vocabulary in relation to physiotherapy, health, illness, anatomy and other topics related to physiotherapy.
- To improve reading, comprehension, speaking and writing skills in English.
- To gain some experience presenting in English.
- To improve use of English grammar and pronunciation.

Format and style of the seminars:

- Much of the information can be completed as self-directed, independent or small group study.
- The seminar notes will be available before each seminar, if possible try to read, discuss in pairs or small groups, and answer the questions before the seminar.
- There will be a lot of discussion and interaction during the seminars. If the sessions are online this will need to be organised and structured so it works
- As much speaking practice as possible in pairs and groups.
- Writing practice, peer review, small presentations etc.

Unit outline:

- Topics: The physiotherapy profession, the human body, physiotherapy exercise, sports injuries, postural assessment, orthopaedic physiotherapy, geriatric physiotherapy, neurological / cardiopulmonary / paediatric physiotherapy, psychology.
- Two revision lectures towards the end of semester.

Expectations:

- Attendance is expected at all seminars, a maximum of two missed seminars is acceptable.
- Missed seminars need prior communication and adequate reason given.
- Any missed seminar – all the seminar activities must be completed as home activities.

Homework:

Homework / assignment tasks will be set for completion by next seminar. May involve presentation back to the group, writing and peer review. Unfinished seminar work should be completed as homework also.

Assessment:

- End of course test
- A short presentation in English on a given topic

- The overall mark comprises attendance / participation, presentation and test results.

Unit 1 The Physical Therapy Profession

1. What is physiotherapy?

** Speaking: Answer these questions in small groups or pairs, write some answers.*

What is physiotherapy?

What do physiotherapists do?

What conditions / problems do they treat?

Where do they work?

What is the difference between a physiotherapist and a physical therapist?

2. Reading: Read the following passage about physiotherapy and complete the gaps:

** Read and discuss with a partner, then review with the group*

Physiotherapy is a science-based _____ which takes a ‘whole person’ or _____ approach to health and wellbeing, which includes the patient’s general habits and _____. Physiotherapy helps restore normal or optimal _____ and function when someone is affected by injury, illness or disability. At the core is the patient’s involvement in their own care, through education, awareness, empowerment and participation in their own _____.

Physiotherapy can help with a wide range of medical conditions, illnesses, and disabilities, and is often performed as _____ healthcare – to try and stop physical problems from developing. Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and _____ about the nature of their problem and how to help it. They help to maintain health for people of all ages, and help their _____ to manage pain and disease. They work with children (_____), adults and the elderly (_____).

Some of the medical and health problems that physiotherapists work with on a daily _____, include people with the following _____ :

1. _____ problems, including back and neck _____, fractures (broken bones), following _____ knee replacement, _____ re-education to restore mobility... etc.
2. Neurological conditions, including _____ (CVA), multiple sclerosis, and cerebral _____.
3. Cardio-_____ conditions such as cystic fibrosis, emphysema and recovery following a myocardial _____ (heart attack). They also help patients in hospital move and recover following cardiothoracic _____.
4. Occupational injuries – injuries which occur in the _____, including overuse injuries / _____ strain injuries, workplace _____ assessment..etc.
5. Sports injuries, including _____ or _____ elbow, sprained ankle, cruciate _____ injuries etc. Physios also participate in on-_____ sports injury _____ and treatment during sporting events or matches.
6. Geriatric care, including problems associated with _____ (general movement), balance training, group classes for strengthening and fitness, walking _____ assessment and more.

(Source: Chartered Society of Physiotherapy (UK) website)

3. Where do physiotherapists most commonly work?

- *Discuss the locations below. Do you understand them all?*
- *Where do you think the majority of physios work? Place the job locations into the three groups according to the table:*

Hospitals, assisted living and care homes, outpatient clinics, rehab centres, sports medicine centres, offices and work sites, sporting teams, schools or colleges, private medical offices, military facilities (army / navy etc) and nursing homes.

Places where a lot of physios work	Places where some physios work	Less common places where physios work

4. How do physiotherapists work? What techniques and methods do they use?

** Match the techniques used by physiotherapists below to their description:*

muscle stimulation massage gait re-education exercise

postural re-education hydrotherapy cryotherapy advice

In (.....), exercises are done under water in a specialized pool. 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 health and wellness for hundreds of years. It uses touch to apply pressure to the body's skin, muscles, and other soft tissues. It is a form of "manual therapy", which also includes mobilization and manipulation techniques.

One of the most important tools in the physio toolbox, the (.....) a physiotherapist gives a patient about their injury, condition or general lifestyle, can make a significant and positive impact on their health.

(.....) aims to educate people to adopt improved sitting and standing positions, using visual and kinesthetic feedback. It is useful to help improve the condition of many musculoskeletal problems and may also help to prevent the onset of some painful conditions.

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.

Physiotherapists are experts in prescribing (.....) to help restore and improvement movement, strength, flexibility, balance....and more. This active form of therapy is one of the most important forms of treatment as often patients can also perform them as a home program.

(.....), also called cold or ice treatment, is a method of treating soreness, swelling, and inflammation in a person's joints or muscles after injury. It can also help athletes recover more quickly after playing sport or hard training sessions.

(.....) is what physiotherapists use to teach people to walk once again, commonly after an operation or serious condition that has reduced the patient's natural mobility.

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

5. Grammar: phrasal verbs in health and illness

15 mins

** Look at the sentences and work out the meaning of the phrasal verb from the context.*

** Find a synonym / meaning, then create another sentence using the phrasal verb:*

Throw up – the man's back pain was so severe, that at times he felt like *throwing up*.

Carry out – physiotherapists *carry out* a range of different duties in their various roles within the different wards and departments of the hospital setting.

Bounce back – a number of neurological conditions can affect patients severely, however many people can *bounce back* quite quickly once they get the right treatment.

Fight off – the athlete was unable to perform at his best during the tournament, as had been *fighting off* a cold all week.

Check out – Sports physiotherapists sometimes have to do on-field assessments during a sporting event. Usually they run onto the field to *check out* the player who has been injured.

Pass out – Sometimes patients can *pass out* when trying to walk after they have had surgery. This usually happens if they have had too much post-operative bleeding.

Get over – It can take some people many weeks to properly *get over* a lower back injury, while some people are better in just a day or two.

Lay low – Following surgery or illness, it's important that people allow themselves time to recover by *laying low* for a period of time.

Warm up – Physios often recommend to athletes that they need to *warm up* thoroughly before they play or train, in order to prevent any injury from occurring.

Swell up – When someone sprains their ankle badly, it's quite typical for it to be very painful and to *swell up*. This is a feature of many muscle strains and ligament sprains.

Dose up – Some people still have to work when they have severe back or neck pain, so they *dose up* on pain killers or anti-inflammatories so they can still function.

Pass away – While in hospital being treated for a minor illness, the patient suddenly suffered from a severe heart attack and *passed away*. His family were naturally devastated.

6. Extra task: Speaking - physiotherapy treatments / locations etc. 15 mins

* *With a partner or the group, talk about your own experience with physiotherapy.*

* *eg. Have you or a family member had physiotherapy treatment, what for, where did you go for treatment, etc.*

Homework Task: Listening - Required Skills for Physical Therapists:

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

** Watch the video and prepare to answer the following questions:*

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

Which chronic disease is mentioned in the video?

Why should a PT be in a good physical condition?

Which administrative tasks does a PT do?

** 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 paediatrics, _____ or neurology.

*** We will review the above task in the next seminar.**