CAREER PATHS

Physiotherapy

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Express Publishing

CAREER PATHS

Physiotherapy

Book 1

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Express Publishing

Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Physiotherapy	Webpage	balance, inpatient, mobility, outpatient, patient, physical therapist, physiotherapy, rehabilitate, restore, stretching	Asking about experience
2	The Body 1	Patient chart	back, bicep, chest, forearm, hand, neck, rotator cuff, shoulder, tricep, wrist	Asking about location
3	The Body 2	Poster	ankle, calf, foot, gluteal, hamstring, knee, quadriceps, shin, thigh, toe	Asking about schedules
4	The Body 3	Textbook excerpt	abdomen, core, hip, pelvis, posture, rib cage, spine, stabilize, support, torso	Correcting yourself
5	Bones	Medical guide	bone, skeleton, ligament, marrow, greenstick, fracture, displaced, comminuted, impacted, compound, stress fracture	Clarifying information
6	Muscles	Textbook excerpt	contract, elastic, fascicle, flex, muscle fiber, muscle, myofibril, sarcomere, shorten, stretch	Identifying an error
7	Muscular System	Encyclopedia passage	cardiac muscle, contraction, involuntary, skeletal muscle, smooth muscle, tendon, tension, tissue, twitch, voluntary	Expressing confusion
8	Joints 1	Course syllabus	amphiarthrosis, articulate, biaxial, cartilaginous joint, diarthrosis, joint, monaxial, multiaxial, ovoid, sellar, synovial joint	Asking for a favor
9	Joints 2	Medical dictionary	ball-and-socket joint, spheroidal joint, condylar joint, ellipsoidal joint, hinge joint, pivot joint, plane joint, saddle joint, trochoid joint	Asking for confirmation
10	Anatomical Locations	Poster	anterior, distal, frontal plane, inferior, lateral, contralateral, ipsilateral, medial, posterior, proximal, sagittal plane, superior, transverse plane	Describing location
11	Body Movements	Patient assessment form	abduction, adduction, depression, elevation, extension, flexion, plantarflexion, dorsiflextion, pronation, supination	Describing ability
12	Resistance Exercise 1	Pamphlet	cross training, muscle strength, functional strength, muscle power, endurance, overload principle, resistance exercise, strength training, reversibility principle, detraining, SAID principle	Providing reassurance
13	Resistance Exercise 2	Exercise program	free weights, full-arc exercise, repetition, rest interval, set, short-arc exercise, submaximal loading, maximal loading, repetition maximum, mode	Introducing a plan
14	Aerobic Exercise 1	Webpage	adaptation, deconditioning, aerobic exercise, energy expenditure, fitness, heavy activity, light activity, maximum oxygen consumption, conditioning, moderate activity	Asking about frequency
15	Aerobic Exercise 2	Exercise program	active recovery, calisthenics, circuit training, circuit-interval training, cool-down period, continuous training, interval training, heart rate, passive recovery, warm up	Describing order

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1 Physiotherapy

Get ready!

1 Before you read the passage, talk about these questions.

1 What types of treatments do physical therapists provide?

2 What are the goals of physiotherapy?





Watsonville **Physiotherapy** 1185 Main Street, Watsonville

SERVICES

About us

Watsonville Physiotherapy

Watsonville Physiotherapy is a private physical therapy practice. Our facility is fully equipped and expertly staffed. Each **physical therapist** on our team offers specialized knowledge.

Our services include **inpatient** and **outpatient** care. Our mission is to **rehabilitate patients** suffering from injuries. We use **stretching** programs and state-of-the art medical equipment to:

- **restore** muscle use
- maximize function
- improve **balance**
- increase **mobility**

We treat the cause, not just the symptoms. At each visit, you see measurable improvement from the previous one. If this is not the case, we revise your treatment plan.

Watsonville Physiotherapy is a fully accredited facility.

Reading

2 Read the webpage. Then, choose the correct answers.

1 What is the purpose of the webpage?
- **A** to compare methods of physiotherapy
- **B** to explain a stretching program
- **C** to describe a business
- **D** to recommend a treatment plan

2 Which is NOT a treatment offered at the clinic?
- **A** outpatient surgery
- **B** injury rehabilitation
- **C** individualized stretching programs
- **D** physical therapy

3 What happens if a patient does not see measurable improvement?
- **A** The patient is referred to another facility.
- **B** The clinic loses its accreditation.
- **C** The patient's treatment plan is changed.
- **D** The patient is assigned to a new physical therapist.

Vocabulary

3 Place the words from the word bank under the correct headings.

word BANK

inpatient balance stretching patient rehabilitate outpatient mobility

Client	Results of Treatment	Treatment Method
_____	_____	_____
_____	_____	
_____	_____	

4 Write a word or phrase that is similar in meaning to the underlined part.

1 The outpatient clinic provides <u>therapeutic treatment using exercise, massage, and other physical remedies to treat pain and other complaints.</u>
_ h y _ _ _ t h _ _ a p _

2 Polly made an appointment to see a <u>medical practitioner who uses exercise, massage, and other physical remedies to treat patients</u>.
p h _ _ _ c a _ _ _ e r _ p i _ t

3 The therapist worked on Jim's knee to <u>return</u> it to its properly functioning state.
r _ _ t o _ e

5 Listen and read the webpage again. What are the benefits of treatment at this facility?

Listening

6 Listen to a conversation between a physical therapist and a new patient. Mark the following statements as true (T) or false (F).

1 __ The man has never been treated by a physical therapist.
2 __ The woman has an injured knee.
3 __ The man wants to go running.

7 Listen again and complete the conversation.

PT: Hi Jim. Let's talk about your **1** _____ _____ .
Patient: Okay. What is **2** _____ _____ going to do for me?
PT: Our goal is to improve **3** _____ in your knee.
Patient: Are the exercises and **4** _____ going to be painful?
PT: No. It will be **5** _____ _____ , though.
Patient: How long will the treatment take?
PT: It can take several weeks, even months, to **6** _____ _____ .

Speaking

8 With a partner, act out the roles below based on Task 7. Then, switch roles.

USE LANGUAGE SUCH AS:

Let's talk about ...
Our goal is ...
Are the exercises ...?

Student A: You are a physical therapist. Talk to Student B about:

- his or her treatment plan
- whether the exercises will be painful
- improving function and mobility

Student B: You are a patient. Talk to Student A about your treatment.

Writing

9 Use the conversation from Task 8 to fill in a physiotherapy treatment plan.

Treatment Plan

Patient's Name: _____

Injured muscle or joint: _____
_____

Stretching: Y / N

Exercise Equipment: Y / N

Massage: Y / N

Notes: _____
_____
_____

CAREER PATHS

Physiotherapy

Book 2

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Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	The Diagnostic Process	Guide	ADL, chief complaint, diagnostic, IADL, initial, interview, lifestyle, occupation, onset, patient history, social history, symptom, systemic review	Making a diagnosis
2	Examinations and Diagnostic Tests	Patient chart	analysis, diagnostic category, dysfunction, examination, gait analysis, goniometry, posture analysis, preferred practice patterns, primary impairment, test, underlying cause, objective baseline, interpretation	Asking for an opinion
3	Actions	Patient questionnaire	bend, grasp, kneel, lift, push, reach, roll, squat, stand, stoop, turn, twist	Describing difficulty
4	Motor Tasks	Textbook excerpt	complex, continuous task, discrete task, environment, learning, manipulation, motor learning, motor task, intertrial variability, performance, serial task, stationary	Discussing differences
5	Reflexes	Patient assessment form	absent, ankle jerk reflex, biceps reflex, diminished, extensor digitorum reflex, grade, hyperactive, involuntary, normal, patellar reflex, reflex, stimulus, stretch reflex	Explaining functions
6	Outcomes	Webpage	adjust, functional outcome, intermittent, meaningful, measurable, modify, outcome, patient satisfaction, practical, quantifiable, result, sustainable	Asking for clarification
7	Patient Management	Pamphlet	clinical decision making, consultation, diagnosis, evaluation, evidence-based practice, intervention, patient management, plan of care, prognosis, reexamination, referral	Describing experience
8	Risk Factors	Magazine article	abnormality, buffer, congenital, coping skill, family history, limited, motivation, nutrition, obesity, predispose, risk factor, sedentary	Asking about patient history
9	Common Injuries and Ailments	Webpage	ACL, arthritis, brain injury, cerebral palsy, hip replacement, MCL, multiple sclerosis, osteoporosis, Parkinson's disease, sprain, stroke, tear, twist	Discussing order
10	Stretching	Guide	ballistic stretching, contracture, cyclic stretching, duration, hypomobility, intensity, manual stretching, mechanical stretching, PNF stretching, self-stretching, static stretching	Asking about purpose
11	Joint Mobilization	Textbook excerpt	amplitude, compression, distraction, graded oscillation, joint mobilization, joint play, slide, spin, sustained grade, traction	Offering advice
12	Improving Balance	Textbook excerpt	ankle strategy, anticipatory balance control, BOS, COG, COM, COP, hip strategy, limit of stability, momentum, reactive balance control, static balance control, stepping strategy	Listing options
13	Giving Feedback	Advertisement	augmented feedback, communication, concurrent feedback, feedback, immediate, delayed, intrinsic feedback, KP, KR, post-response feedback, summary, timing	Asking for help
14	Aquatic Exercise 1	Webpage	aquatic exercise, buoyancy, COB, hydromechanics, hydrostatic pressure, immersion, surface tension, temperature regulation, viscosity, weightlessness	Describing benefits
15	Aquatic Exercise 2	Product listing	equipment, buoyant, floatation device, collar, ring, belt, vest, inflatable, swim bar, hand paddle, fin, kickboard	Asking about availability

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CAREER PATHS

Physiotherapy

Book 3

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Scope and Sequence

Unit	Topic	Reading context	Vocabulary	Function
1	Soft Tissue Disorders	Patient chart	acute stage, chronic stage, Grade I, Grade II, Grade III, inflammatory, maturation, remodeling, repair, severity, soft tissue, subacute stage	Advising caution
2	Bone, Joint, and Connective Tissue Disorders	FAQs page	arthrosis, cast, fibromyalgia, fracture, inflammatory phase, immobilization, myofascial pain syndrome, osteoarthritis, post-immobilization, remodeling phase, reparative phase, rheumatoid arthritis, ROM, traction	Talking about then and now
3	Nerve Disorders	Textbook excerpt	compression, CPRS I, CPRS II, CTS, impaired, laceration, nerve injury, Seddon classification system, Sunderland classification system, test of provocation, TOS, tunnel of Guyon	Delivering bad news
4	Vascular and Pulmonary Disorders	Webpage	acute arterial occlusion, arterial disorder, breathing exercise, COPD, cough, DVT, lymphatic disorder, lymphedema, postural drainage, varicose vein, vascular disorder, venous disorder	Correcting an error
5	Spine Disorders	Medical dictionary excerpt	cervical, extrusion, free sequestration, herniation, intervertebral disk, lumbar, prolapse, protrusion, spinal column, thoracic, vertebra	Making a prediction
6	Shoulder and Arm Disorders	Poster	tendinitis, bursitis, glenohumeral cavity, dislocate, elbow, lateral epicondylitis, medial epicondylitis, tennis elbow, golfer's elbow, swan-neck deformity, boutonniere deformity	Listing options
7	Hip and Leg Disorders	Textbook excerpt	claw toe, gout, hallux ridigus, hallux valgus, ischiogluteal bursitis, meniscus, muscle pull, prepatellar bursitis, sciatic nerve, shin splint, tailor's bottom, trochanteric bursitis	Expressing confusion
8	Surgical Intervention	Pamphlet	arthroscopic procedure, arthroscopically assisted procedure, controlled motion phase, maximum protection phase, minimum protection phase, open procedure, postoperative complication, postoperative management, preoperative management, reconstruction, tissue graft	Providing reassurance
9	Medications	Patient charts	alleviate, analgesic, anti-inflammatory, corticosteroid, cream, dosage, medicate, medication, NSAIDs, over-the-counter, prescription, side effect	Making a recommendation
10	Preventative Measures	Pamphlet	avoid, exercise program, inactivity, potential, preventative measure, primary prevention, reduction, tertiary prevention	Describing a process
11	Specialties: Neurological and Geriatric	Webpage	aging, Alzheimer's disease, cancer, CMT, elderly, genetic, geriatric, house call, joint replacement, nervous system, neurological, neuromuscular therapy, specialty	Providing support
12	Specialties: Orthopedics	Webpage	acute, amputation, chronic, cryotherapy, dry needling, electrotherapy, ice pack, iontophoresis, lumbar pain, orthopedics, twisted	Talking about experience
13	Specialties: Women's Health	Magazine article	child birth, complication, C-section, mitigate, pelvic floor, pelvic pain, postpartum, pregnancy, prenatal, urinary incontinence, women's health	Introducing yourself
14	Specialties: Pediatrics	Webpage	acute care, coordination, developmental, infant, adolescent, motor skill, pediatrics, pre-participation screening tests, rehabilitation, sports medicine	Describing features
15	Education	Degree description	anatomy, behavioral sciences, biology, biomechanics, BS, clinical pathology, kinesiology, MS, neuroscience, PhD, physics, physiology	Describing uncertainty

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Glossary

acute [ADJ-U12] If a condition is **acute**, it is characterized by intensity or severity.

acute arterial occlusion [N-COUNT-U4] An **acute arterial occlusion** is a severe blockage of the artery that supplies blood to an organ.

acute care [N-UNCOUNT-U14] **Acute care** is the intensive, short-term treatment of an urgent medical condition or significant injury.

acute stage [N-UNCOUNT-U1] The **acute stage** is the stage right after an injury. It is when there is swelling, pain at rest, redness, inflammation, and loss of function.

adolescent [N-COUNT-U14] An **adolescent** is a young person who has reached puberty but has not yet reached adulthood.

aging [ADJ-U11] **Aging** means becoming older.

alleviate [V-T-U9] To **alleviate** is to lessen the severity, pain, or difficulty of something.

Alzheimer's disease [N-UNCOUNT-U11] **Alzheimer's disease** is a type of illness that affects the brain, which is most common in elderly people. The disease slowly makes it harder to move, talk or remember things.

amputation [N-COUNT-U12] An **amputation** is the surgical removal, by cutting, of an infected limb.

analgesic [N-COUNT-U9] An **analgesic** is a medication taken to lessen pain.

anatomy [N-UNCOUNT-U15] **Anatomy** is the study of the human body and its systems.

anti-inflammatory [N-COUNT-U9] An **anti-inflammatory** is a medication taken in order to lower inflammation in the body.

arterial disorder [N-COUNT-U4] An **arterial disorder** is a condition that causes an abnormality in the arteries, which interrupts the delivery of blood to various parts of the body.

arthroscopic procedure [N-COUNT-U8] An **arthroscopic procedure** is when the internal structure of a joint is examined by using a tube like video camera called an endoscope that transmits images to a monitor, and miniature motorized surgical tools that are inserted into the body via small incisions.

arthroscopically assisted procedure [N-COUNT-U8] An **arthroscopically assisted procedure** is when an endoscope is used in conjunction with an open procedure.

arthrosis [N-UNCOUNT-U2] **Arthrosis** is a degenerative disease that results in a difference between the production and deterioration of bone cells.

avoid [V-T-U10] To **avoid** something is to try to stop it from happening.

behavioral science [N-UNCOUNT-U15] **Behavioral science** is the study of the actions and reactions of humans and animals.

biology [N-UNCOUNT-U15] **Biology** is the study of living organisms.

biomechanics [N-UNCOUNT-U15] **Biomechanics** is the mechanical laws relating to the movements of living organisms.

boutonniere deformity [N-COUNT-U6] A **boutonniere deformity** is a condition caused by problems with the tendons on the back of the hand resulting in the inability to straighten the finger. The middle joint of the finger is slightly bent while the joint at the tip of the finger is hyperextended.

breathing exercise [N-COUNT-U4] A **breathing exercise** is a method of inhaling and exhaling that helps to relax the body, increase energy, and cleanse the lungs.

BS [N-COUNT-U15] **BS** stands for Bachelor of Science. It is an undergraduate degree.

bursitis [N-COUNT-U6] **Bursitis** is a condition caused by inflammation of a bursa, commonly located in the shoulder, elbow, or knee joints.

cancer [N-UNCOUNT-U11] **Cancer** is a serious disease where groups of cells in the body grow in an atypical, uncontrolled way.

cast [N-COUNT-U2] A **cast** is a rigid casing, usually made of gauze, which is used to protect and immobilize a diseased or broken body part in order to help it heal.

cervical [ADJ-U5] If a spine injury is **cervical**, it is located in the neck.

childbirth [N-UNCOUNT-U13] **Childbirth** is when a woman is giving birth to a baby.

chronic [ADJ-U12] If a condition is **chronic**, it is marked by habitual recurrence or long duration.

chronic stage [N-UNCOUNT-U1] The **chronic stage** comes after the subacute stage. It is when inflammation is gone and some muscle weakness may remain. The tissue becomes stronger during this stage.

claw toe [N-COUNT-U7] **Claw toe** is a deformity causing toes 2 through 5 to bear excess weight that can lead to pain when walking and a shuffling gait. Claw toe is associated with rheumatoid arthritis.

clinical pathology [N-UNCOUNT-U15] **Clinical pathology** is the diagnosis of disease through the study of bodily fluids.

CMT [N-UNCOUNT-U11] **CMT** (Charcot-Marie Tooth disease) is an inherited, neurological disorder that causes problems with the motor and sensory nerves.

complication [N-COUNT-U13] A **complication** is something which makes a process more difficult.

compression [N-COUNT-U3] A **compression** is the act of pressing or squeezing in order to reduce the size or volume of something.

controlled motion phase [N-COUNT-U8] A **controlled motion phase** is the intermediate postoperative period when gradual stress can be placed on the healing tissues to restore movement.

coordination [N-UNCOUNT-U14] **Coordination** is the skilled movement of different parts of the body at the same time.

COPD [N-UNCOUNT-U4] **COPD** (chronic obstructive pulmonary disease) is a common lung disease, usually caused by smoking, which makes it difficult to breathe. The two main forms are emphysema and chronic bronchitis. Most people with COPD have both conditions.

corticosteroids [N-PLURAL-U9] **Corticosteroids** are drugs that are often referred to as “steroids” which are very similar to cortisol, a natural hormone produced by adrenal glands.

cough [N-COUNT-U4] A **cough** is an act that involves expelling air from the lungs in order to rid them of dust or excess mucus.

cream [N-COUNT-U9] A **cream** is a topical medication, applied to the skin, with a water-soluble consistency.

CRPS I [N-UNCOUNT-U3] **CRPS I** (Complex Regional Pain Syndrome I) is a pain condition that is usually the result of a problem in the central nervous system or a peripheral system. Symptoms include changes in skin color over the affected region, burning pain, skin sensitivity, sweating, and swelling. CRPS I is usually caused by tissue injury but no underlying nerve injury.

CRPS II [N-UNCOUNT-U3] **CRPS II** is a pain condition that includes all of the symptoms associated with CRPS I, though it is always caused by a nerve injury.

cryotherapy [N-UNCOUNT-U12] **Cryotherapy** is the use of cold for therapeutic purposes.

C-section [N-COUNT-U13] A **C-section** or cesarean section is when a baby is delivered through a cut in the mother’s abdomen.

CTS [N-UNCOUNT-U3] **CTS** (carpal tunnel syndrome) is a condition that causes pressure in the median nerve, the nerve in the wrist that supplies movement to parts of the hand, and leads to numbness, tingling, weakness, or muscle damage in the hands and fingers. CTS is common among people who perform repetitive motions with their hands, such as typing or driving.

DVT [N-UNCOUNT-U4] **DVT** (**deep vein thrombosis**) is a blood clot in a deep vein, usually located in the leg, that may cause pain, swelling, redness, an unusual warm feeling, and puffy superficial veins.

developmental [ADJ-U14] If a process is **developmental**, it relates to the process of growth or maturation.

dislocate [V-T-U6] To **dislocate** a bone is to shift it out of its normal place or position.

dosage [N-COUNT-U9] A **dosage** is a specific amount of a medicine or vitamin that should be applied or ingested.

dry needling [N-UNCOUNT-U12] **Dry needling** is the use of filiform needles, or the extremely fine, stainless steel needles used during acupuncture, for muscle pain. It is also called “intramuscular stimulation.”

elbow [N-COUNT-U6] The **elbow** is the joint connecting the upper and lower sections of the arm.

elderly [ADJ-U11] If someone is **elderly**, they are old or getting old.

electrotherapy [N-UNCOUNT-U12] **Electrotherapy** is the treatment of an illness with electricity, or the generation of heat in tissues, particularly during surgery.

exercise program [N-COUNT-U10] An **exercise program** is a plan designed to improve a person’s fitness. It often involves aerobic exercise, weight training and stretches.

CAREER PATHS

Physiotherapy

Career Paths: Physiotherapy is a new educational resource for physiotherapy professionals who want to improve their English communication in a work environment. Incorporating career-specific vocabulary and contexts, each unit offers step-by-step instruction that immerses students in the four key language components: reading, listening, speaking, and writing. ***Career Paths: Physiotherapy*** addresses topics including the muscular system, reflexes, common injuries, diagnostic tests, and medications.

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