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.

The series is organized into three levels of difficulty and offers a minimum of 400 vocabulary terms and phrases. Every unit includes a test of reading comprehension, vocabulary, and listening skills, and leads students through written and oral production.

Included Features:
- A variety of realistic reading passages
- Career-specific dialogues
- 45 reading and listening comprehension checks
- Over 400 vocabulary terms and phrases
- Guided speaking and writing exercises
- Complete glossary of terms and phrases

The Teacher's Guide contains detailed lesson plans, a full answer key and audio scripts. The audio CDs contain all recorded material.
Physiotherapy

Virginia Evans
Jenny Dooley
Susanne Hartley, MPT

Book 2
## Scope and Sequence

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<td>Textbook excerpt</td>
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<td>Textbook excerpt</td>
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<td>Describing benefits</td>
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<td>equipment, buoyant, floatation device, collar, ring, belt, vest, inflatable, swim bar, hand paddle, fin, kickboard</td>
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<td>Medical dictionary excerpt</td>
<td>cervical, extrusion, free sequestration, herniation, intervertebral disk, lumbar, prolapse, protrusion, spinal column, thoracic, vertebra</td>
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<td>Poster</td>
<td>tendinitis, bursitis, glenohumeral cavity, dislocate, elbow, lateral epicondylitis, median epicondylitis, tennis elbow, golfer’s elbow, swan-neck deformity, boutonniere deformity</td>
<td>Listing options</td>
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<td>7</td>
<td>Hip and Leg Disorders</td>
<td>Textbook excerpt</td>
<td>claw toe, gout, hallux rigidus, hallux valgus, ischiogluteal bursitis, meniscus, muscle pull, prepatellar bursitis, sciatic nerve, shin splint, tailor’s bottom, trochanteric bursitis</td>
<td>Expressing confusion</td>
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<td>8</td>
<td>Surgical Intervention</td>
<td>Pamphlet</td>
<td>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</td>
<td>Providing reassurance</td>
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<td>9</td>
<td>Medications</td>
<td>Patient charts</td>
<td>alleviate, analgesic, anti-inflammatory, corticosteroid, cream, dosage, medicate, medication, NSAIDs, over-the-counter, prescription, side effect</td>
<td>Making a recommendation</td>
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<td>Preventative Measures</td>
<td>Pamphlet</td>
<td>avoid, exercise program, inactivity, potential, preventative measure, primary prevention, reduction, tertiary prevention</td>
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<td>Specialties: Neurological and Geriatric</td>
<td>Webpage</td>
<td>aging, Alzheimer’s disease, cancer, CMT, elderly, genetic, geriatric, house call, joint replacement, nervous system, neurological, neuromuscular therapy, specialty</td>
<td>Providing support</td>
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<td>12</td>
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<td>Webpage</td>
<td>acute, amputation, chronic, cryotherapy, dry needling, electrotherapy, ice pack, iontophoresis, lumbar pain, orthopedics, twisted</td>
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<td>Magazine article</td>
<td>child birth, complication, C-section, mitigate, pelvic floor, pelvic pain, postpartum, pregnancy, prenatal, urinary incontinence, women’s health</td>
<td>Introducing yourself</td>
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<tr>
<td>14</td>
<td>Specialties: Pediatrics</td>
<td>Webpage</td>
<td>acute care, coordination, developmental, infant, adolescent, motor skill, pediatrics, pre-participation screening tests, rehabilitation, sports medicine</td>
<td>Describing features</td>
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<tr>
<td>15</td>
<td>Education</td>
<td>Degree description</td>
<td>anatomy, behavioral sciences, biology, biomechanics, BS, clinical pathology, kinesiology, MS, neuroscience, PhD, physics, physiology</td>
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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?

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.

<table>
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<th>Client</th>
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Write a word or phrase that is similar in meaning to the underlined part.

1. The outpatient clinic provides therapeutic treatment using exercise, massage, and other physical remedies to treat pain and other complaints.

2. Polly made an appointment to see a medical practitioner who uses exercise, massage, and other physical remedies to treat patients.

3. The therapist worked on Jim’s knee to return it to its properly functioning state.

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

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.

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

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

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: __________________________________________

______________________________________________

______________________________________________
Ziltman Wells Physical Therapy
is a group practice. Our specialties are geriatric and neurological physical therapy. We concentrate on assisting the elderly and aging population. As a result, we have a lot of experience in geriatric diseases.

We regularly work with patients suffering from the following ailments:
• CMT (Charcot-Marie Tooth Disease) and other common genetic diseases.
• Cancer
• Alzheimer’s disease

We do see patients with moderate to severe Alzheimer’s disease. However, we request that a caregiver accompanies these patients. This reassures the patient. It also allows us to collect an accurate medical history. We also help patients who need joint replacement surgeries. We draw up a regimen of exercises before surgery. Then we visit patients in the hospital, post-surgery. Upon the patient’s release, we continue rehabilitation on an outpatient basis. We are affiliated with a number of local hospitals.

All of our physical therapists are certified in neuromuscular therapy. This is designed to rebalance your nervous system and musculoskeletal system. Sometimes our patients are not physically mobile. In such cases, we offer house calls. We also make visits to hospitals where we have privileges.

Please contact us if you have any queries. We are always willing to provide referrals.

11 Specialties: Neurological and Geriatric

Get ready!

Before you read the passage, talk about these questions.

1. Why might a physical therapist specialize in geriatrics?
2. What are some neurological issues a physical therapist might encounter?

Vocabulary

Read the sentences and choose the correct words or phrases.

1. Megan drove her neurological/elderly grandmother to the physical therapy appointment.
2. The physical therapist was trained in administering CMT/neuromuscular therapy.
3. The physical therapist specialized in geriatrics and geared his practice toward aging/joint replacement patients.
4. Patients undergoing Alzheimer’s disease/cancer treatment for atypical cell growth can benefit from physical therapy.
5. The physical therapist decided that her house call/specialty should be in neurological issues.
6. The physical therapist explained that some diseases were genetic/geriatric and passed down through families.
4 Fill in the blanks with the correct words or phrases: Alzheimer’s disease, CMT, geriatric, house call, joint replacement, nervous system, neurological.

1. The eighty-year-old man was admitted to the ________________________ ward in the hospital when he broke his leg.

2. The patient was suffering from CMT, a __________________________________ disease that causes nerve issues.

3. The patient was not mobile and so the physical therapist drove over to make a ______________________________.

4. The man accompanied his mother because she suffered from __________________________________ and had memory problems.

5. The student studied the brain, spinal cord and nerves for his test about the ________________________.

6. The patient sought physical therapy because he had weak lower leg muscles due to __________________________________.

7. The woman was tired of the problems with her hip so chose to have __________________________ surgery.

5 Listen and read the webpage again. How does the practice deal with joint replacement patients?

Listening

6 Listen to a conversation between a physical therapist and a patient’s child. Mark the following statements as true (T) or false (F).

1. ___ The physical therapist is well suited to treating the patient.

2. ___ Physical therapy starts as soon as the patient leaves the hospital.

3. ___ The physical therapist offers house calls if necessary.

7 Listen again and complete the conversation.

PT: I understand you are acting as 1 ___________ __________________.

Patient's Child: I am.

PT: Okay. She’s 2 ___________ _____________ her knee replacement surgery on the 4th.

Patient's Child: I know. But 3 ___________ _____________ she was already seeing a physical therapist.

PT: That’s common nowadays. And 4 ___________ _____________ joint replacement in elderly patients.

Patient's Child: Good. So what should Mom do before the surgery?

PT: I’ve given her exercises to 5 ___________ _____________ around the joint and muscles.

Patient's Child: Okay. How soon after the operation should I 6 ___________ _____________?

PT: Actually, I’ll be visiting the hospital before she’s released. We start the PT as soon as possible.

Speaking

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

USE LANGUAGE SUCH AS:

She’s due to have ...
I’ve given ...
How soon after ...?

Writing

9 Use the webpage and the conversation from Task 8 to write the physical therapist's notes on a patient. Include details about the patient's demographic, the ailment being treated, and the treatment plan.
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.

extrusion [N-COUNT-U5] Extrusion is a degenerative condition caused when the nuclear material of an intervertebral disk leaks into the vertebral canal.

fibromyalgia [N-UNCOUNT-U2] Fibromyalgia is a chronic disorder characterized by widespread musculoskeletal pain, including tenderness and stiffness. Other disorders, such as sleep disturbances and depression, often accompany fibromyalgia. The disorder has unknown causes and no treatment has proven to be fully effective.

fracture [N-COUNT-U2] A fracture is the breaking or rupture of bone tissue.

free sequestration [N-COUNT-U5] Free sequestration refers to a condition where a fragment of the intervertebral disk has broken free and moved.

genetic [ADJ-U11] If something is genetic, it is associated with genes. A gene is a pattern of chemicals inside a cell that contains information about qualities that a living thing receives from its parents.

geriatric [ADJ-U1] If something is geriatric, it is associated with old age, or the treatment of elderly people.

glenohumeral cavity [N-COUNT-U6] The glenohumeral cavity is the space at the head of the scapula bone that houses the head of the humerus, forming the shoulder joint.

golfer's elbow [N-COUNT-U6] Golfer's elbow is a painful condition caused by inflammation of the tendons of the inner arm due to exertion in playing golf. Golfer's elbow is also known as medial epicondylitis.

gout [N-COUNT-U7] Gout is a form of acute arthritis caused by high levels of uric acid in the blood. It causes pain and swelling in the big toe, heel, ankle, wrist, or elbow, and can affect the spine, causing back pain.

Grade I [ADJ-U1] If an injury is Grade I, the patient experiences mild swelling, tenderness around the injury and pain if the tissue is stressed.

Grade II [ADJ-U1] If an injury is Grade II, the patient feels moderate pain and is unable to continue the movement causing the pain. Stress and palpation of the tissue make the pain worse.

Grade III [ADJ-U1] If an injury is Grade III, the patient's tissue is completely torn or almost completely torn. He or she is in severe pain.

Guyon’s canal [N-UNCOUNT-U3] Guyon’s canal, the ulnar canal, or the ulnar tunnel, is a space at the wrist between hand flexors and ligaments in the palm through which the ulnar artery and ulnar nerve move through the hand.

hallux rigidus [N-COUNT-U7] Hallux rigidus is a deformity of the joint at the base of the big toe caused by bone spurs that can lead to degenerative arthritis and stiffness.

hallux valgus [N-COUNT-U7] Hallux valgus is an abnormal deviation of the big toe causing the tip of the toe to bend toward the outer side of the foot.

herniation [N-COUNT-U5] A herniation is a change in the shape of tissue that causes it to rupture and bulge and beyond its normal perimeter.

house call [N-COUNT-U11] A house call is when a doctor goes to a patient’s home or office to provide medical care.

ice pack [N-COUNT-U12] An ice pack is crushed ice or refrigerant gel placed in a small bag or pouch.

immobilization [N-UNCOUNT-U2] Immobilization is the condition of being unable to move, or having limited mobility.

impaired [ADJ-U3] If something is impaired, it is disabled or does not function properly.

inactivity [N-UNCOUNT-U10] Inactivity is not taking part in physical exercise, or not moving much.

infant [N-COUNT-U14] An infant is a baby, usually under the age of one, that is not yet reached the developmental ability to walk or talk.

inflammatory [ADJ-U1] If something is inflammatory, it causes part of the body to be painful, red or swollen.

inflammatory phase [N-COUNT-U2] An inflammatory phase is the initial phase of bone healing, characterized as a local response to cellular injury. During this phase, the patient experiences redness, heat, and pain, which help to eliminate harmful agents and damaged tissue.
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