

**CAREER
PATHS**

Physiotherapy

Virginia Evans
Jenny Dooley
Susanne Hartley MPT



Express Publishing

**CAREER
PATHS**

Physiotherapy

Book

1

Virginia Evans

Jenny Dooley

Susanne Hartley, MPT



Express Publishing

**CAREER
PATHS**

Physiotherapy

Book
2

Virginia Evans
Jenny Dooley
Susanne Hartley, MPT



Express Publishing

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

Table of Contents

Unit 1 – The Diagnostic Process	4
Unit 2 – Examinations and Diagnostic Tests	6
Unit 3 – Actions	8
Unit 4 – Motor Tasks	10
Unit 5 – Reflexes	12
Unit 6 – Outcomes	14
Unit 7 – Patient Management	16
Unit 8 – Risk Factors	18
Unit 9 – Common Injuries and Ailments	20
Unit 10 – Stretching	22
Unit 11 – Joint Mobilization	24
Unit 12 – Improving Balance	26
Unit 13 – Giving Feedback	28
Unit 14 – Aquatic Exercise 1	30
Unit 15 – Aquatic Exercise 2	32
Glossary	34

**CAREER
PATHS**

Physiotherapy

Book

3

Virginia Evans

Jenny Dooley

Susanne Hartley, MPT



Express Publishing

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 rigidus, 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

Table of Contents

Unit 1 – Soft Tissue Disorders	4
Unit 2 – Bone, Joint, and Connective Tissue Disorders	6
Unit 3 – Nerve Disorders	8
Unit 4 – Vascular and Pulmonary Disorders	10
Unit 5 – Spine Disorders	12
Unit 6 – Shoulder and Arm Disorders	14
Unit 7 – Hip and Leg Disorders	16
Unit 8 – Surgical Intervention	18
Unit 9 – Medications	20
Unit 10 – Preventative Measures	22
Unit 11 – Specialties: Neurological and Geriatric	24
Unit 12 – Specialties: Orthopedics	26
Unit 13 – Specialties: Women’s Health	28
Unit 14 – Specialties: Pediatrics	30
Unit 15 – Education	32
Glossary	34

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?



balance



stretching



inpatient



physical therapist

patient

Watsonville
Physiotherapy
1185 Main Street,
Watsonville

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 cause, we revise your treatment plan.

SERVICES

About us

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 therapeutic treatment using exercise, massage, and other physical remedies to treat pain and other complaints.
_ h y _ _ _ t h _ _ a p _

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

3 The therapist worked on Jim's knee to return 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: _____

Get ready!

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

- Why might a physical therapist specialize in geriatrics?
- What are some neurological issues a physical therapist might encounter?



neuromuscular therapy

Reading

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

- What is the purpose of the webpage?
 - to describe joint replacement surgery
 - to explain neurological diseases
 - to promote a physical therapy practice
 - to give advice to physical therapists
- Which of the following would NOT be best served by this business?
 - Alzheimer's patients
 - the aging population
 - joint replacement patients
 - infants and children
- What can be inferred about Ziltman Wells physical therapy?
 - The practice is in good standing with local hospitals.
 - The practice rarely sees patients with genetic diseases.
 - The practice recently started specializing in joint replacement.
 - The practice is currently training staff in neuromuscular therapy.

Information

About Us

Contact

genetic

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.



elderly

Vocabulary

3 Read the sentences and choose the correct words or phrases.

- Megan drove her **neurological** / **elderly** grandmother to the physical therapy appointment.
- The physical therapist was trained in administering **CMT** / **neuromuscular therapy**.
- The physical therapist specialized in geriatrics and geared his practice toward **aging** / **joint replacement** patients.
- Patients undergoing **Alzheimer's disease** / **cancer** treatment for atypical cell growth can benefit from physical therapy.
- The physical therapist decided that her **house call** / **specialty** should be in neurological issues.
- 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 ...?

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

- the surgery
- exercises
- post-surgery recommendations

Student B: You are a patient's child. Talk to Student A about your mother's care.

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.

Glossary

- 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 to 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-U11] 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, hand, 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 ridigus** [N-COUNT-U7] **Hallux ridigus** 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.

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.

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.



Express Publishing

ISBN 978-1-4715-4234-3

