

Get ready!

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

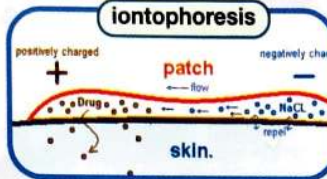
- 1 What is orthopedics?
- 2 What services are offered at orthopedic clinics?



orthopedics



dry needling



iontophoresis

www.orthopedicsplus.com

Orthopedic Services

Orthopedics can help treat a wide range of problems. Patients suffer from sports injuries, arthritis, back ailments, and muscle pain. We identify your ailment and find the treatment that is most suitable. Here are some of the services we offer here at Orthopedics Plus.

• **Dry Needling:** This service is similar to acupuncture. It is used to relieve muscle pain by addressing trigger points.

• **Electrotherapy:** Used for **chronic** pain, tissue repair, and improving range of motion.

• **Iontophoresis:** Used for the application of anti-inflammatory medications.

• **Cryotherapy:** Decreases **acute** pain and spasm, and decreases inflammation by constricting blood vessels.

• **Instruction of stretching exercises:** Provides rehabilitation for **lumbar** pain, **twisted** ankles, and muscles strains. **Ice packs** are available for extra relief during rehabilitation exercises.

• **Amputation:** Our two in-house orthopedic surgeons offer this service. Severe infections sometimes require the removal of limbs. Though this measure is sometimes necessary, it is also painful and traumatic. Our surgeons will guide you through the process. Our physical therapists will also guide you through the rehabilitation process. This includes strengthening the remaining limbs. It also includes helping you get fitted for braces and prosthetics.

Orthopedics Plus has been in business for 25 years.

Our staff members are skilled and attentive.

Reading

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

- 1 What is the purpose of the webpage?
 - ☒ A to describe available orthopedic services
 - ☐ B to compare electrotherapy and cryotherapy
 - ☐ C to explain the process of amputation
 - ☐ D to compare dry needling and acupuncture
- 2 Which of the following is NOT treated with electrotherapy?
 - ☐ A tissue damage
 - ☐ B chronic pain
 - ☒ C twisted ankles
 - ☐ D poor range of motion
- 3 Which service is similar to dry needling?
 - ☐ A amputation
 - ☐ B cryotherapy
 - ☒ C iontophoresis
 - ☐ D acupuncture

Vocabulary

3 Match the words or phrases (1-6) with the definitions (A-F).

- | | |
|--|---|
| 1 <input checked="" type="radio"/> C ice pack | 4 <input checked="" type="radio"/> F lumbar pain |
| 2 <input checked="" type="radio"/> A orthopedics | 5 <input checked="" type="radio"/> E dry needling |
| 3 <input checked="" type="radio"/> D iontophoresis | 6 <input checked="" type="radio"/> B amputation |

- A a field of medicine concerned with disorders or injuries of the skeleton
- B the surgical removal of an infected limb
- C a small bag of crushed ice or refrigerant gel
- D placing an ionized substance through the skin by applying electric current
- E the use of fine, stainless steel needles for muscle pain
- F lower back pain through degeneration of discs between vertebrae

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- 4 Read the sentence pairs. Choose which word best fits each blank.

1 chronic / acute

A Jeff suffered from acute lower back pain due to muscle strain.

B Hannah's chronic arthritis is leading to paralysis.

2 cryotherapy / electrotherapy

A electrotherapy requires high voltage, which may cause skin blistering.

B Liquid nitrogen freezes tissues during cryotherapy.

- 5 Listen and read the webpage again. What remedies are available for people with lower back pain and muscle pain?

Listening

Speaking

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

USE LANGUAGE SUCH AS:

We offer various ... services.

Most of my experience is in ...

At my last job, I spent ... years ...

Student A: You are a new assistant. Talk to Student B about:

- rehabilitation services at your new clinic
- your physical therapy experience

Physical Therapy for Women's Health

- physical
during and after pregnancy?
2 What sorts of exercises can alleviate these problems?

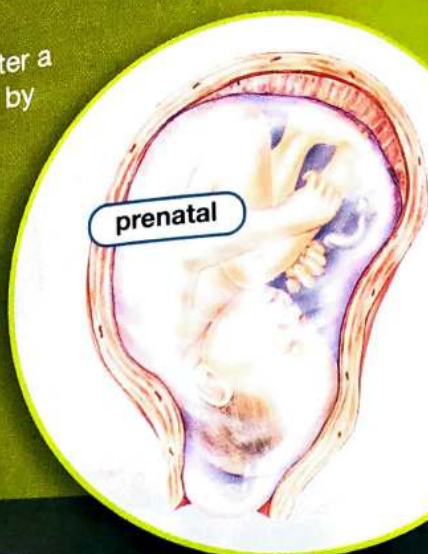
From the time a woman conceives to a year after **childbirth**, her body goes through various changes. As a result, the woman may experience discomfort during and after **pregnancy**. Physical therapy helps women to understand and treat these problems. Such therapies may include relaxation, breathing exercises and stretching. **Prenatal** physical therapy can reduce **complications** during childbirth. For example, perineal massage during pregnancy can reduce vaginal tearing.

Sometimes symptoms persist **postpartum**. Back pain is common. It may be experienced in the upper or

lower back, or in the tailbone. Pain can be alleviated through correct posture. Women may also feel pain in the leg or foot, due to sciatica. **Urinary incontinence** and constipation may also continue after pregnancy. These usually result from weakened **pelvic floor** muscles and tears in the pelvic floor. Physical therapy can stretch these muscles and optimize muscle length. This helps to **mitigate** unpleasant symptoms.

Pelvic pain is also common after a **C-section**. The pain is caused by adhesions which form as the body heals. Physical therapy can reduce these adhesions without the need for surgery or drugs.

If you think you would benefit from physical therapy, contact your nearest therapist at your local clinic.



Reading

2 Read the magazine article. Then, choose the correct answers.

- Which of the following does NOT occur during prenatal physical therapy?
 A perineal massage
 B stretching
 C breathing exercises
☒ D reduction of adhesions
- What can be inferred about urinary incontinence?
 A It is common both before and after childbirth
☒ B It is more common among older women.
 C It can be alleviated by improving posture.
 D It is more common after a C-section
- According to the magazine article, how is back pain alleviated?
 A massage
☒ B improving posture
 C stretching
 D strengthening muscles

Vocabulary

3 Match the words or phrases (1-6) with the definitions (A-F).

- | | |
|---|--|
| 1 <input checked="" type="radio"/> D urinary incontinence | 4 <input checked="" type="radio"/> A C-section |
| 2 <input checked="" type="radio"/> C pelvic floor | 5 <input checked="" type="radio"/> B pelvic pain |
| 3 <input checked="" type="radio"/> E complication | 6 <input checked="" type="radio"/> F mitigate |

- A when a baby is delivered through a cut in the abdomen
 B discomfort in the area below the waist, between the legs
 C muscles in the area below the waist, between the legs
 D inability to control the flow of urine
 E something which makes a process more difficult
 F improve or alleviate

Handwritten notes in the left margin: "Help V. 12/20/17" and "12/20/17".

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- 4 Read the sentence pairs. Choose which word best fits each blank.

1 postpartum / prenatal

- A Prenatal care is available for pregnant women.
B Postpartum depression is common among new mothers.

2 pregnancy / childbirth

- A Pregnancy among humans lasts for nine months.
B Physical therapy can help women avoid complications during childbirth.

- 5 Listen and read the magazine article again. How can a woman benefit from physical therapy after childbirth?

Speaking

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

USE LANGUAGE SUCH AS:

Hello, are you ...?

I see you had some ...

I suffered from ...

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

- not seeing him or her before
- your prenatal problems
- your postnatal problems

stening



SERVICES

CONTACT

ABOUT US

Welcome to Chatsworth Pediatric Physical Therapy Center

Our Goal: Provide uniquely specialized, high-quality physical therapy for children. Our highly-trained practitioners work with each child based on his or her unique needs. Through individualized treatments, exercise practices, and care, we supply the best physical therapy treatment possible.

What We Offer:

- We offer specialized physical therapy **pediatrics** for a wide range of ages. We see all ages from **infants** to **adolescents**.
- We design fun, easy physical therapy exercises to help build **motor skills** and refine natural **coordination**. We know that children need to have play integrated to their exercise program in order to stimulate them. Exercises are specially designed for each child. Parents are encouraged to sit in and watch physical therapy sessions. Then they can replicate the exercises at home.
- We have lots of experience in **sports medicine**. This includes providing **acute care** for serious injuries and a **rehabilitation** plan. **Pre-participation screening** tests for sports and different activities are also available here.
- Our specialists provide treatment for **developmental** problems stemming from neurological diseases, such as cerebral palsy. All our physical therapists are trained in neurodevelopment treatment (NDT).

Hides
Macy 9/13



infant

30

Get ready!

- 1 Before you read the passage, talk about these questions.
 - 1 What are some reasons children need physical therapy?
 - 2 What considerations are needed when designing rehabilitation plans for children?

Reading

- 2 Read the webpage. Then, mark the following statements as true (T) or false (F).
 - 1 ☐ The center treats children of all ages.
 - 2 ☐ Patients are stimulated through the playing as part of therapy.
 - 3 ☐ Patients are referred elsewhere for NDT.

Vocabulary

- 3 Match the words or phrases (1-6) with the definitions (A-F).
 - 1 ☐ infant
 - 2 ☐ pediatrics
 - 3 ☐ coordination
 - 4 ☐ sports medicine
 - 5 ☐ developmental
 - 6 ☐ motor skill
- ☒ A a field of medicine relating to injuries incurred through sports
☒ B relating to the process of growth or maturation
☒ C a baby that does not yet have the ability to walk or talk
☒ D a sequence of movements that combine to produce a smooth, efficient action
☒ E the skilled movement of different parts of the body at the same time
☒ F a branch of medicine that focuses on children and their diseases

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

- 1 The physical therapist provided **acute care** / coordination for John's sprained ankle.
- 2 Anna had a personalized **motor skill** / **rehabilitation** plan to help her regain her mobility.
- 3 The boy needed a **sports medicine** / **pre-participation screening** in order to play baseball.
- 4 The physical therapy clinic sees a lot of **adolescents** / infants