

Міністерство освіти і науки України
Національний університет водного господарства та
природокористування

Кафедра іноземних мов

06-09-98М

МЕТОДИЧНІ ВКАЗІВКИ

та навчальні завдання з розвитку англomовного
професійного спілкування до практичних занять
та самостійної роботи
для здобувачів вищої освіти першого (бакалаврського)
рівня за освітньо-професійною програмою
«Фізична терапія, ерготерапія»
спеціальності 227 «Терапія та реабілітація»
усіх форм навчання

Рекомендовано
науково-методичною радою
з якості ННІОЗ
Протокол № 4 від 27.12.2024 р

Рівне – 2024

Методичні вказівки та навчальні завдання з розвитку англomовного професійного спілкування до практичних занять та самостійної роботи для здобувачів вищої освіти першого (бакалаврського) рівня за освітньо-професійною програмою «Фізична терапія, ерготерапія» спеціальності 227 «Терапія та реабілітація» усіх форм навчання. [Електронне видання] / Шикун А. В., Тарасюк Н. М. – Рівне : НУВГП, 2024. – 42 с.

Укладачі: Шикун А. В., асистент кафедри іноземних мов; Тарасюк Н. М., кандидат педагогічних наук, доцент кафедри іноземних мов.

Відповідальний за випуск: Купчик Л. Є., к.пед.н., завідувач кафедри іноземних мов.

ОПП на сайті університету:<http://ep3.nuwm.edu.ua/id/eprint/31760>

Гарант ОПП «Фізична терапія, ерготерапія»: Нестерчук Н. Є., доктор наук з фізичного виховання і спорту, професор, завідувач кафедри фізичної терапії, ерготерапії.

© А. В. Шикун,
Н. М. Тарасюк, 2024

© Національний університет
водного господарства та
природокористування, 2024

Передмова

Методичні вказівки та навчальні завдання з розвитку англomовного професійного спілкування для практичних занять та самостійної роботи для здобувачів першого (бакалаврського) рівня вищої освіти усіх форм навчання, які навчаються за освітньо-професійною програмою «Фізична терапія, ерготерапія», спеціальності 227 «Терапія та реабілітація» спрямовані на підтримку студента в його практичній та самостійній роботі, що сприятиме розвитку комунікативних компетентностей. Різноманітні вправи створені для досягнення цієї мети. Вони включають опрацювання лексики та граматики, поглиблення знань у сфері фізичної та ерготерапії, розвиток навичок говоріння, читання, письма, монологічного і діалогічного мовлення, а також ознайомлення із соціокультурними аспектами. Після освоєння дисципліни студент має знати: граматичні конструкції, необхідні для вираження думок і розуміння інформації з фізичної та ерготерапії, мовні форми, характерні для професійного спілкування, та основні лексичні одиниці. Студент має вміти:

- висловлювати власну думку в контексті фізичної терапії та ерготерапії;
- вести дискусії та обґрунтовувати свою позицію з професійно-орієнтованих питань;
- розуміти автентичні тексти, пов'язані з фізичною терапією;
- здійснювати пошукове читання оригінальних текстів для отримання інформації;
- виділяти ключові ідеї та розрізняти важливу інформацію під час обговорень професійних питань;
- оволодіти навичками професійного писемного мовлення.

Кожен урок надає необхідний глосарій спеціальних термінів. Уроки включають покрокові завдання та детальні інструкції. Післятекстові вправи допомагають перевірити розуміння матеріалу. Крім того, уроки містять вправи для розвитку навичок писемного мовлення.

UNIT 1. BASIC REHABILITATION PROCEDURES

Wordlist

- Perform exercises виконувати вправи
- Assess condition оцінювати стан
- Monitor progress слідкувати за прогресом
- Provide treatment надавати лікування
- Prevent injuries запобігати травмам
- Rehabilitation process процес реабілітації
- Set achievable goals встановлювати досяжні цілі
- Tailored therapies індивідуальні терапії
- Muscle recovery відновлення м'язів
- Patient safety безпека пацієнта
- Regular assessments регулярна оцінка
- Significant progress значний прогрес
- Overall well-being загальне самопочуття
- Rehabilitation program програма реабілітації
- Therapist role роль терапевта

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (perform) an exercise with the patient every day.
2. We _____ (assess) the patient's condition before every session.
3. The rehabilitation team _____ (provide) treatment for muscle recovery.
4. The doctor _____ (monitor) the patient's progress closely.
5. These exercises _____ (prevent) further injuries.
6. The therapist _____ (perform) exercises every session.
7. We _____ (assess) the patient's condition regularly.
8. Exercises _____ (help) prevent future injuries.
9. The doctor _____ (monitor) the patient's progress daily.
10. Therapists _____ (provide) personalized care.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. "The therapist explains the patient's improvement after every session."
2. "We track how well the patient is doing over time."

3. “The exercises are designed to protect the patient from future harm.”
 4. “The patient is evaluated before beginning any treatment.”
 5. “Therapists give specific treatments to help with muscle strength.”
- A. Assess the patient’s condition
 - B. Monitor progress
 - C. Perform an exercise
 - D. Provide treatment
 - E. Prevent injury

Exercise 3. Write sentences using the following words.

1. The patient / perform / exercise
2. We / assess / condition / every session
3. The therapist / provide / treatment / muscle recovery
4. The doctor / monitor / progress / regularly
5. Exercises / prevent / injuries / during recovery

Exercise 4. Work with a partner. One person is the therapist, and the other is the patient. Use the phrases from the lesson to create a conversation.

Example:

Therapist: “I will assess your condition before we begin the exercises.”

Patient: “What kind of treatment will I receive today?”

Therapist: “We will perform some exercises to improve your flexibility.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

1. Терапевт виконує вправу разом із пацієнтом кожного дня.
2. Ми оцінюємо стан пацієнта перед кожним сеансом.
3. Лікар слідкує за прогресом пацієнта регулярно.
4. Ці вправи допомагають запобігти подальшим травмам.

Exercise 6. Read and translate the text.

Rehabilitation Basics

Rehabilitation is a critical process for patients who have experienced injury or illness. It helps them regain strength, mobility, and overall well-being. A rehabilitation program usually includes different types of therapies and exercises that are tailored to the patient’s specific needs.

Therapists play a crucial role in the rehabilitation process. They assess the patient's condition, perform exercises with the patient, and provide treatments aimed at muscle recovery. The therapist monitors the patient's progress closely and adjusts the program as needed. Through regular exercises and treatments, the patient can prevent further injuries and make significant progress in their recovery.

An essential part of rehabilitation is setting achievable goals. The therapist and patient work together to set these goals, which helps the patient stay motivated and focused. For successful recovery, it is important to perform exercises regularly and monitor progress. Preventing further injuries is also a priority, and therapists use specific techniques to ensure the patient's safety.

Rehabilitation may take time, but with the right support and dedication, most patients achieve their recovery goals and return to their daily lives.

Exercise 7. Answer the following questions based on the text.

1. Why is rehabilitation important for patients?
2. What is the role of the therapist in the rehabilitation process?
3. Why is it important to set achievable goals in rehabilitation?
4. How does monitoring the patient's progress help in rehabilitation?
5. What are two key outcomes of rehabilitation exercises according to the text?

Exercise 8. Read the following statements and decide if they are true (T) or false (F).

1. Rehabilitation only focuses on muscle recovery.
2. Therapists adjust the rehabilitation program based on the patient's progress.
3. Setting goals is not necessary in the rehabilitation process.
4. Regular exercises help prevent further injuries.
5. Rehabilitation programs are the same for all patients.

Exercise 9. Fill in the blanks with the correct words from the text.

Rehabilitation helps patients regain _ , mobility, and overall well-being.

Therapists provide treatments aimed at _ recovery.

The therapist _ the patient's progress and adjusts the program as needed.

Achievable _ help the patient stay motivated and focused.

Regular exercises prevent further _ .

Exercise 10. Match the words from the text with their definitions.

1. Assess
 2. Monitor
 3. Prevent
 4. Achievable
 5. Recovery
- A. To observe and check the progress of something
 - B. To stop something from happening
 - C. Possible to be done or accomplished
 - D. To evaluate or estimate something
 - E. The process of returning to a normal state of health or strength

Exercise 11. Summary writing.

Write a short summary of the text in your own words. Include the following points:

- The purpose of rehabilitation
- The role of the therapist
- The importance of setting goals and preventing injuries

Exercise 12. Read and reflect.

“Daily exercises are essential for recovery. Therapists assess the patient’s condition before each session to customize the treatment plan. Monitoring progress helps prevent setbacks.”

Task: Write a summary in your own words.

UNIT 2. PHYSICAL THERAPY TECHNIQUES

Wordlist

- Stretch muscles розтягувати м'язи
- Strengthen the core зміцнювати м'язи кора
- Improve mobility покращувати рухливість
- Reduce pain зменшувати біль
- Enhance balance покращувати баланс
- Assessment and evaluation оцінка та оцінювання
- Individualized rehabilitation program індивідуально підібрана програма реабілітації
- Mobility assessments оцінювання рухливості
- Continuous evaluation безперервне оцінювання

- Patient involvement участь пацієнта

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (stretch) the patient's muscles carefully during each session.
2. The patient _____ (strengthen) the core with targeted exercises.
3. Our goal _____ (improve) mobility in the affected area.
4. These techniques _____ (reduce) pain in the lower back.
5. Specific exercises _____ (enhance) balance and stability.
6. Resistance bands _____ (use) for strength training.
7. Treadmills _____ (help) improve cardiovascular fitness.
8. Exercise bikes _____ (offer) low-impact workouts.
9. Ultrasound machines _____ (apply) for muscle relaxation.
10. Patients _____ (receive) proper instructions on using equipment.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. "We use exercises to improve movement in the patient's joints."
 2. "The patient follows a routine to build up strength in the core muscles."
 3. "Therapists use certain methods to reduce pain in injured areas."
 4. "Stretching is used to increase the flexibility of muscles."
 5. "Improving stability is key to preventing falls."
- A. Stretch the muscles
 - B. Strengthen the core
 - C. Improve mobility
 - D. Reduce pain
 - E. Enhance balance

Exercise 3. Create sentences using the following words.

1. The therapist / stretch / muscles / improve flexibility
2. Patient / strengthen / core / exercises
3. Therapy / improve / mobility / joints
4. Exercises / reduce / pain / lower back
5. Exercises / enhance / balance / stability

Exercise 4. Dialogue practice.

Role-play with a partner. One person acts as the therapist, and the other as the patient. Use the phrases from the lesson to form a

conversation. Here's an example:

Therapist: "We will start by stretching your muscles to improve flexibility." Patient: "Will it help with my mobility?"

Therapist: "Yes, it will also reduce the pain in your lower back."

Exercise 5. Translate the following sentences into English using the phrases from the lesson:

1. Терапевт розтягує м'язи пацієнта під час кожного сеансу.
2. Пацієнт зміцнює кор м'язів за допомогою вправ.
3. Наша мета — покращити рухливість ураженої області.
4. Ці вправи зменшують біль у нижній частині спини.
5. Специфічні вправи допомагають покращити баланс.

Exercise 6. Read and translate the text.

Assessing and Evaluating Patients in Rehabilitation

In rehabilitation, patient assessment and evaluation are critical steps that help determine the right treatment plan. The therapist's primary role during this stage is to assess the patient's physical condition, understand their limitations, and identify areas that need improvement. Based on the assessment, the therapist develops an individualized rehabilitation program. The evaluation process includes a variety of tests, such as strength tests, flexibility measurements, and mobility assessments. These tests help the therapist determine the patient's current abilities and track their progress over time. Each patient has a unique rehabilitation journey, and assessments allow the therapist to adjust the treatment plan accordingly.

Continuous evaluation is essential for successful rehabilitation. As the patient progresses, the therapist re-evaluates their condition to ensure that the treatment remains effective. By frequently assessing and evaluating the patient, therapists can make necessary adjustments to maximize recovery and prevent further complications.

Patient involvement is also important during the assessment process. By actively participating in their evaluations, patients gain a better understanding of their condition and what they need to focus on during treatment.

Exercise 7. Answer the following questions based on the text.

1. Why are patient assessment and evaluation important in rehabilitation?
2. What types of tests are used during the evaluation process?

3. How does patient involvement benefit the assessment process?
4. Why is continuous evaluation necessary in rehabilitation?
5. What is the role of the therapist after the initial assessment?

Exercise 8. Read the following statements and decide if they are true (T) or false (F).

1. Assessments help therapists create a personalized rehabilitation plan.
2. Flexibility tests are not part of the evaluation process.
3. Patients should not be involved in the assessment process.
4. Continuous evaluation helps adjust the treatment plan when needed.
5. All patients follow the same rehabilitation journey.

Exercise 9. Fill in the blanks.

1. Patient assessment and ___ are critical for creating the right treatment plan.
2. The therapist performs strength and flexibility ___ to evaluate the patient.
3. Continuous evaluation helps the therapist adjust the ___ to ensure effective treatment.
4. Patients need to understand their ___ to better participate in their rehabilitation.
5. By evaluating the patient's condition, the therapist can track their ___ over time.

Exercise 10. Match the words from the text with their definitions.

1. Assessment
 2. Evaluation
 3. Flexibility
 4. Mobility
 5. Progress
- A. The ability to move easily and freely
 - B. The process of judging or calculating the value of something
 - C. An examination of someone's abilities or qualities
 - D. The ability to bend easily without breaking
 - E. Forward movement toward a goal or improvement

Exercise 11. Summary writing.

Write a short summary of the text in your own words. Include the

following points:

- The importance of assessing and evaluating patients in rehabilitation
- The types of tests involved in the evaluation process
- The benefits of continuous evaluation and patient involvement

Exercise 12. Read and reflect.

“Therapists often use equipment like resistance bands, treadmills, and exercise bikes. Each tool has a specific purpose: resistance bands improve strength, while treadmills enhance cardiovascular fitness.”

Answer the questions:

What is the purpose of resistance bands?

How do treadmills help patients?

UNIT 3. COMMON REHABILITATION EQUIPMENT

Wordlist

- Use bands використовувати стрічки
- Adjust the treadmill speed налаштувати швидкість бігової доріжки
- Apply heat therapy застосовувати теплову терапію
- Improve strength покращувати силу
- Operate the exercise bike використовувати велотренажер
- Range of motion (rom) діапазон руху (rom)
- Assess range of motion оцінювати діапазон руху
- Improve flexibility покращувати гнучкість
- Stretching techniques техніки розтягування
- Pain management правління болем
- Strengthen muscles зміцнювати м'язи
- Restore mobility відновлювати рухливість
- Prevent future injuries запобігати майбутнім травмам
- Targeted exercises цілеспрямовані вправи

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The patient _____ (use) resistance bands to strengthen muscles.
2. The therapist _____ (adjust) the treadmill speed for walking exercises.

3. We _____ (apply) heat therapy to reduce muscle tension.
4. The patient _____ (use) a stability ball to improve core strength.
5. The therapist _____ (operate) the exercise bike during the session.
6. The therapist _____ (assess) the patient before starting treatment.
7. Evaluations _____ (determine) the effectiveness of therapy.
8. Therapists _____ (measure) range of motion accurately.
9. Patients _____ (undergo) regular assessments.
10. Therapists _____ (record) progress in patient files.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “We use this piece of equipment to help strengthen muscles without heavy weights.”
 2. “The therapist adjusts the speed of this device for walking exercises.”
 3. “This therapy helps to relax muscles using warmth.”
 4. “This ball helps to improve the core muscles and balance.”
 5. “This piece of equipment is used for cardio training during rehabilitation.”
- A. Use resistance bands
 - B. Adjust the treadmill speed
 - C. Apply heat therapy
 - D. Use a stability ball
 - E. Operate the exercise bike

Exercise 3. Create sentences using the following words.

- A. Patient / use / resistance bands / muscle strength
- B. Therapist / adjust / treadmill speed / walking exercises
- C. We / apply / heat therapy / reduce tension
- D. Patient / use / stability ball / core strength
- E. Therapist / operate / exercise bike / cardio training

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here’s

an example:

Therapist: “We will use resistance bands today to strengthen your muscles.” Patient: “How do I use the bands correctly?”

Therapist: “I will show you the right technique. We will also use the exercise bike for cardio.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

1. Пацієнт використовує резистивні стрічки для зміцнення м'язів.
2. Терапевт налаштовує швидкість бігової доріжки для ходьби.
3. Ми застосовуємо теплову терапію для зменшення напруги в м'язах.
4. Пацієнт використовує фітбол для покращення сили кора.
5. Терапевт використовує велотренажер для кардіотренувань.

Exercise 6. Read and translate the text.

Understanding Range of Motion and Flexibility in Rehabilitation

Range of motion (ROM) and flexibility are two essential components of a successful rehabilitation program. ROM refers to the movement of a joint through its complete range, while flexibility is the ability of muscles and tendons to stretch and return to their original state. Both aspects are crucial for restoring mobility and preventing future injuries.

During rehabilitation, therapists assess the patient's range of motion and flexibility to determine areas that need improvement. For instance, patients recovering from surgery or injury may experience stiffness, making it difficult for them to move certain joints or stretch muscles. Through targeted exercises, therapists work to improve the patient's ROM and flexibility, ensuring that they regain full function.

Improving ROM and flexibility not only helps with daily activities but also plays a role in pain management. Patients with increased flexibility and joint movement often experience less discomfort and can prevent further damage to muscles and joints. Additionally, maintaining good flexibility helps the body perform tasks more efficiently, reducing the likelihood of reinjury.

Therapists use a variety of stretching techniques, such as static

and dynamic stretches, to improve ROM and flexibility. These exercises are customized to meet the specific needs of each patient, depending on their level of stiffness and overall condition.

Exercise 7. Answer the following questions based on the text.

1. What is the difference between range of motion (ROM) and flexibility?
2. Why are ROM and flexibility important in rehabilitation?
3. How do therapists assess a patient's range of motion and flexibility?
4. How can improving ROM and flexibility help with pain management?
5. What techniques do therapists use to improve a patient's ROM and flexibility?

Exercise 8. Read the following statements and decide if they are true (T) or false (F).

1. Range of motion refers to the movement of a joint through its complete range.
2. Flexibility only affects muscles, not tendons.
3. Increased flexibility helps reduce the likelihood of reinjury.
4. Dynamic stretching is not used to improve ROM.
5. Therapists customize exercises based on the patient's specific needs.

Exercise 9. Fill in the blanks.

Write a short summary of the text in your own words. Include the following points:

- The importance of range of motion and flexibility in rehabilitation
- How therapists assess and improve ROM and flexibility
- The role of ROM and flexibility in pain management and injury prevention

Exercise 10. Read and reflect.

“Evaluating a patient’s range of motion helps determine the effectiveness of treatment. Regular assessments guide the adjustment of treatment plans.”

Task:

Why is it important to evaluate the patient’s range of motion?
How do assessments help therapists?

Short Answer:

What might happen if evaluations are not conducted regularly?

UNIT 4. REHABILITATION GOALS

Wordlist

- Set rehabilitation goals - ставити цілі реабілітації
- Achieve full recovery - досягти повного одужання
- Improve range of motion - покращити амплітуду рухів
- Regain strength - відновити силу
- Maintain flexibility - підтримувати гнучкість
- Build trust - встановити довіру
- Enhance understanding – покращити розуміння
- Encourage participation - заохочувати участь
- Foster collaboration - сприяти співпраці
- Communicate openly - спілкуватися відкрито
- Provide support - надавати підтримку
- Use visual aids - використовувати візуальні матеріали

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (set) rehabilitation goals with the patient at the beginning of the treatment.
2. The patient _____ (achieve) full recovery after six months of therapy.
3. Our program _____ (improve) the range of motion in injured joints.
4. The exercises _____ (help) the patient regain strength.
5. Daily stretching _____ (maintain) flexibility.
6. Therapists _____ (explain) the treatment process clearly.
7. Patients _____ (ask) questions about their recovery.
8. Therapists _____ (listen) to patient concerns.
9. Effective communication _____ (build) trust between patients and therapists.
10. Patients _____ (feel) more confident when involved in decisions.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “The patient is able to move their shoulder much better now.”
 2. “The therapist works with the patient to outline specific objectives.”
 3. “These exercises are designed to restore lost muscle power.”
 4. “Stretching exercises help the patient keep their muscles flexible.”
 5. “The patient successfully completed the therapy and fully recovered.”
- A. Set rehabilitation goals
 - B. Achieve full recovery
 - C. Improve range of motion
 - D. Regain strength
 - E. Maintain flexibility

Exercise 3. Create sentences using the following words.

1. Therapist / set / rehabilitation goals / patient
2. Patient / achieve / full recovery / hard work
3. Program / improve / range of motion / injured joints
4. Exercises / help / patient / regain strength
5. Stretching / maintain / flexibility / muscles

Exercise 4. Dialogue practice.

Work with a partner. One person is the therapist, and the other is the patient. Use the phrases from the lesson in a conversation. Here’s an example:

Therapist: “We will set some rehabilitation goals today to guide your recovery.” Patient: “What is the main goal?”

Therapist: “The main goal is to improve your range of motion and regain strength.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson:

1. Терапевт ставить цілі реабілітації разом із пацієнтом.
2. Пацієнт досяг повного одужання після шести місяців терапії.
3. Наша програма покращує амплітуду рухів в уражених суглобах.

4. Вправи допомагають пацієнту відновити силу.
5. Щоденні розтяжки підтримують гнучкість м'язів.

Exercise 6. Read and translate the text.

Communication with Patients

Effective communication between therapists and patients is essential for successful rehabilitation. Clear communication helps build trust, ensures that patients understand their treatment plans, and encourages active participation in the rehabilitation process.

Therapists must adapt their communication styles to meet the individual needs of each patient. Some patients may require simple explanations, while others may benefit from more detailed information about their conditions and treatment options. Active listening is also crucial; therapists should pay attention to the patient's verbal and non-verbal cues to understand their concerns fully.

Building rapport with patients is important. Therapists can establish rapport by demonstrating empathy, showing respect, and being patient. When patients feel comfortable communicating openly, they are more likely to share their fears, expectations, and preferences. This information allows therapists to tailor the rehabilitation process to suit each patient better.

Additionally, using visual aids, demonstrations, and written materials can enhance understanding. For instance, a therapist might use diagrams to explain exercises or provide written instructions that patients can refer to at home.

Involving family members in discussions can also improve communication and support. Family members often play a vital role in the rehabilitation process, and including them in conversations ensures they understand how to best support the patient.

Ultimately, effective communication fosters a collaborative relationship between therapists and patients, leading to better treatment outcomes.

Exercise 7. Fill in the blanks with the correct form of the verb in parentheses.

1. The therapist _ (explain) the rehabilitation process to the patient clearly.
2. It is important for the patient to _ (ask) questions if they do not understand something.
3. The therapist _ (use) visual aids to help the patient comprehend

- the exercises.
4. Family members _ (involve) in discussions about the patient's care.
 5. Building rapport _ (help) patients feel more comfortable communicating.

Exercise 8. Match the sentences with the correct phrases from the lesson.

A. "Effective communication leads to better treatment outcomes." B. "Using diagrams can enhance understanding." C. "Patients should feel comfortable sharing their concerns." D. "Active listening helps therapists understand patients' needs." E. "Involving family members can improve support."

- 1) Improve communication
- 2) Build trust
- 3) Use visual aids
- 4) Encourage participation
- 5) Foster collaboration

Exercise 9. Write sentences using the following words.

1. The therapist / listen / to the patient's concerns.
2. The patient / communicate / their expectations openly.
3. Family members / support / the patient during rehabilitation.
4. Visual aids / help / patients understand their treatment plans.
5. The therapist / encourage / questions from the patient.

Exercise 10. Dialogue practice.

Work with a partner. One person acts as the therapist, and the other as the patient. Use the phrases from the lesson to create a conversation. Here's an example:

Therapist: "I want to ensure you understand your treatment plan. Do you have any questions?"

Patient: "Yes, I'm unsure about how to perform the exercises correctly." Therapist: "Let's go over them together, and I can show you how to do each one."

Exercise 11.

Dialogue reading.

"Patient: I don't feel much progress today.
Therapist: It's okay, progress takes time. Let's review your exercises

together.”

Task: Write a response the therapist could use to motivate the patient further.

Inference task.

Why might a therapist choose to review exercises with the patient instead of setting new ones?

UNIT 5. PAIN MANAGEMENT IN REHABILITATION

Wordlist

- set rehabilitation goals ставити цілі реабілітації
- achieve full recovery досягти повного одужання
- improve range of motion покращити амплітуду рухів
- regain strength відновити силу
- maintain flexibility підтримувати гнучкість
- outline specific objectives визначити конкретні цілі
- help the patient допомогти пацієнту
- communicate effectively ефективно спілкуватися
- build trust встановити довіру
- enhance understanding покращити розуміння

Exercise1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (apply) ice packs to reduce swelling and pain.
2. The patient _____ (take) short breaks during exercises to avoid overexertion.
3. The program _____ (focus) on techniques to manage chronic pain.
4. The therapist _____ (teach) the patient breathing exercises for pain relief.
5. The exercises _____ (alleviate) discomfort in the lower back.
6. Therapists _____ (create) personalized treatment plans.
7. The plan _____ (include) short- and long-term goals.
8. Progress _____ (track) weekly for effectiveness.
9. Patient feedback _____ (guide) plan adjustments.

10. Goals _____ (adjust) based on patient performance.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “We use cold therapy to help with swelling and discomfort.”
 2. “The patient needs to rest periodically to prevent overworking the muscles.”
 3. “This program helps people with long-term pain issues.”
 4. “The therapist shows the patient how to use breathing techniques to manage pain.”
 5. “These exercises are designed to relieve lower back discomfort.”
- A. Apply ice packs
 - B. Take short breaks
 - C. Focus on pain management
 - D. Teach breathing exercises
 - E. Alleviate discomfort

Exercise 3. Create sentences using the following words.

1. Therapist / apply / ice packs / reduce swelling
2. Patient / take / short breaks / exercises
3. Program / focus / pain management / techniques
4. Therapist / teach / breathing exercises / pain relief
5. Exercises / alleviate / discomfort / lower back

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here’s an example:

Therapist: “Let’s apply ice packs to reduce the swelling in your knee.”

Patient: “Will I need to take breaks during the exercises?”

Therapist: “Yes, taking short breaks will help you avoid overexertion.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

1. Терапевт прикладає лід до ураженого місця для зменшення болю.
2. Пацієнт робить короткі перерви під час вправ, щоб уникнути перевтоми.
3. Програма зосереджена на техніках управління хронічним болем.
4. Терапевт навчає пацієнта дихальним вправам для

полегшення болю.

5. Вправи знімають дискомфорт у попереку.

Exercise 6. Reading exercise.

Strengthening Exercises and Muscle Recovery in Rehabilitation

Strengthening exercises play a crucial role in muscle recovery during rehabilitation. After an injury or surgery, muscles may become weak or atrophied due to lack of use. To regain strength and function, patients engage in targeted exercises that help restore muscle power and endurance.

The rehabilitation process focuses on gradual strength training, beginning with light resistance and increasing intensity as the patient progresses. These exercises aim to improve both the strength of the muscles and their ability to support joints, reducing the risk of future injuries. Strengthening exercises are often tailored to each patient's needs, depending on the type and severity of the injury.

Muscle recovery is another essential aspect of rehabilitation. After each strengthening session, muscles need time to rest and repair. During this recovery period, muscle fibers rebuild and grow stronger, allowing the patient to gradually handle more demanding exercises. Proper recovery, combined with regular exercise, leads to improved muscle strength and mobility.

In addition to traditional strengthening exercises, therapists often use resistance bands, weights, or even bodyweight exercises to target specific muscle groups. Stretching is also incorporated to maintain flexibility and avoid muscle tightness after strength exercises.

Exercise 7. Answer the following questions based on the text.

1. Why are strengthening exercises important in rehabilitation?
2. What happens to muscles after an injury or surgery?
3. How do strengthening exercises help prevent future injuries?
4. Why is muscle recovery important after strengthening sessions?
5. What tools do therapists use to strengthen muscles?

Exercise 8. Read the following statements and decide if they are true (T) or false (F).

1. Strengthening exercises help restore muscle power after an injury.
2. Recovery is not necessary after strengthening exercises.
3. Resistance bands and weights are used to strengthen specific muscles.
4. Stretching exercises are not needed after strengthening sessions.

5. Strengthening exercises reduce the risk of future injuries.

Exercise 9. Match the words from the text with their definitions.

1. Strengthening
 2. Endurance
 3. Atrophy
 4. Resistance bands
 5. Recovery
- A. The ability to sustain physical effort over time
 - B. A gradual decrease in muscle size and strength due to inactivity
 - C. Elastic bands used to create resistance during exercises
 - D. Exercises designed to increase muscle power
 - E. The process of muscle repair and growth after exercise

Exercise 10. Summary writing.

Write a short summary of the text in your own words. Include the following points. The importance of strengthening exercises in muscle recovery.

How strengthening exercises and recovery contribute to rehabilitation
Tools and techniques used to strengthen muscles.

Exercise 11.

Reading for detail.

- “Creating a realistic treatment plan is crucial for effective rehabilitation. It must include short- and long-term goals, adjusted based on patient feedback.”
Task: Write two examples of short-term goals and two long-term goals based on the text.

Identify key information.

- What role does patient feedback play in treatment planning?

UNIT 6. PATIENT EDUCATION AND INVOLVEMENT

Wordlist

- Educate the patient навчати пацієнта
- Participate in decision-making брати участь у прийнятті рішень
- Provide information надавати інформацію
- Encourage questions заохочувати запитання
- Help patients understand допомагати пацієнтам зрозуміти
- Importance of exercises важливість вправ

- Discuss concerns обговорювати проблеми
- Assist in the learning process допомагати в навчальному процесі
- Involve patients залучати пацієнтів
- Support patient involvement підтримувати участь пацієнта

Exercise 1. Fill in the blanks with the correct form of the verb:

1. The therapist _____ (educate) the patient about the importance of exercises at home.
2. The patient _____ (participate) in the decision-making process regarding their treatment.
3. We _____ (provide) information on how to perform exercises safely.
4. The therapist _____ (encourage) the patient to ask questions about their recovery.
5. These resources _____ (help) patients understand their rehabilitation journey.
6. Mobility exercises _____ (focus) on range of motion.
7. Strength training _____ (build) muscle power.
8. Patients _____ (begin) with simple exercises.
9. Therapists _____ (supervise) workouts closely.
10. Regular training _____ (improve) overall fitness.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “The therapist explains why exercises are crucial for recovery.”
 2. “The patient should feel comfortable discussing their concerns.”
 3. “This information helps patients carry out exercises correctly.”
 4. “Involving patients in their treatment encourages responsibility.”
 5. “The therapist provides resources to assist in the learning process.”
- A. Educate the patient
 - B. Participate in decision-making
 - C. Provide information
 - D. Encourage questions
 - E. Help patients understand

Exercise 3. Sentence construction practice.

Create sentences using the following words.

1. Therapist / educate / patient / importance of home exercises
2. Patient / participate / decision-making / treatment plan
3. We / provide / information / safe exercises
4. Therapist / encourage / patient / ask questions
5. Resources / help / understand / rehabilitation journey

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here's an example:

Therapist: "I will educate you on the importance of doing exercises at home." Patient: "Can I ask questions about my treatment?"

Therapist: "Absolutely! Your involvement is essential for a successful recovery."

Exercise 5. Translation practice.

Translate the following sentences into English using the phrases from the lesson:

1. Терапевт навчає пацієнта про важливість виконання вправ вдома.
2. Пацієнт бере участь у прийнятті рішень стосовно свого лікування.
3. Ми надаємо інформацію про те, як безпечно виконувати вправи.
4. Терапевт заохочує пацієнта задавати питання про своє одужання.
5. Ці ресурси допомагають пацієнтам зрозуміти їхній процес реабілітації.

Exercise 6. Reading exercise.

Why Range of Motion and Flexibility Matter in Rehabilitation?

In any rehab program, improving range of motion (ROM) and flexibility is key. ROM refers to how far a joint can move in different directions, while flexibility is about how easily muscles stretch. After injuries, surgeries, or long periods of immobility, patients often experience stiffness, making it harder to move joints or stretch muscles. That's where ROM and flexibility exercises come in!

These exercises help restore normal movement, reduce pain, and prevent long-term stiffness. A therapist might start with passive range of motion exercises, where they move the patient's joint without the patient helping, gradually transitioning to active exercises. Flexibility

training, such as stretching, is then introduced to improve the muscles' ability to stretch and elongate.

Stretching is not just for yogis! It's vital for everyone in rehab because it helps maintain the balance between strength and flexibility, ensuring that the muscles can support the joints and move smoothly. When patients improve their flexibility, they reduce the risk of future injuries and speed up their recovery time.

Regular practice of range of motion and flexibility exercises plays a significant role in regaining independence and functional mobility.

Exercise 7. Comprehension questions.

1. What is the difference between range of motion and flexibility?
2. Why is flexibility training important after an injury?
3. What kind of range of motion exercises do therapists usually start with?
4. How do ROM and flexibility exercises reduce the risk of future injuries?
5. How does stretching benefit the muscles and joints?

Exercise 8. Fill in the blanks using words from the text.

1. After an injury, patients often experience _ in their joints and muscles.
2. Flexibility is the ability of muscles to _ easily.
3. Passive range of motion exercises involve the therapist moving the _ without patient assistance.
4. Regular _ exercises help reduce the risk of future injuries.
5. Improving flexibility ensures muscles can support the _ better.

Exercise 9. Decide whether the statements below are true (T) or false (F).

1. Range of motion refers to how easily a muscle stretches.
2. Passive range of motion exercises require patient effort.
3. Flexibility exercises help prevent long-term stiffness.
4. Only athletes need to do stretching exercises.
5. ROM exercises play a big role in regaining independence.

Exercise 10. Write sentences using the following words.

1. Range of motion / improve / therapy
2. Flexibility / reduce / risk of injuries
3. Therapist / perform / passive exercises
4. Stretching / important / rehab

5. Muscles / support / joints / flexibility

Exercise 11. Discussion practice.

Discuss the following with a partner (or have a fun chat with yourself if you're feeling creative!). Use phrases from the lesson:

Question: Why do you think improving flexibility and range of motion is important in recovery?

Example:

Person 1: "I think it helps prevent future injuries by keeping the muscles flexible."

Person 2: "Yeah, and without ROM exercises, it'd be hard to regain full mobility after an injury."

Exercise 12.

1. Read and answer.

"Pain management strategies include heat therapy, massage, and TENS. Each technique helps alleviate pain and promote healing."

Task:

List two pain management strategies from the text.

Which technique uses electrical stimulation?

2. Opinion question.

Which pain management technique do you think would be most effective and why?

UNIT 7. PROGRESS MONITORING AND EVALUATION

Wordlist

- track the patient's progress - стежити за прогресом пацієнта
- evaluate the effectiveness - оцінювати ефективність
- report improvements - повідомляти про поліпшення
- adjust the treatment plan - коригувати план лікування
- ensure goal achievement - забезпечувати досягнення цілей
- maintain proper posture - підтримувати правильну поставу
- use body mechanics - використовувати техніку руху
- reduce stress on joints - зменшувати навантаження на суглоби
- strengthen muscles - зміцнювати м'язи
- promote long-term health - сприяти довгостроковому здоров'ю

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist treatment _____ (track) the patient's progress regularly throughout the
2. We _____ (evaluate) the effectiveness of the rehabilitation program after every month.
3. The patient _____ (report) improvements in strength and flexibility.
4. The therapist _____ (adjust) the treatment plan based on the patient's feedback.
5. Regular assessments _____ (ensure) that the patient meets their goals.
6. Regular assessments _ (ensure) that the patient meets their goals.
7. Mobility exercises _____ (focus) on range of motion.
8. Strength training _____ (build) muscle power.
9. Patients _____ (begin) with simple exercises.
10. Therapists _____ (supervise) workouts closely.
11. Regular training _____ (improve) overall fitness.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. "We check how well the patient is improving over time."
 2. "The therapist makes necessary changes to the treatment based on evaluations."
 3. "The patient shares their feelings about the rehabilitation process."
 4. "These assessments help us understand if the program works."
 5. "Tracking progress is essential for successful recovery."
- A. Track progress
 B. Evaluate effectiveness
 C. Report improvements
 D. Adjust treatment plan
 E. Ensure goal achievement

Exercise 3. Create sentences using the following words.

1. Therapist / track / patient's progress / regularly
2. We / evaluate / effectiveness / rehabilitation program
3. Patient / report / improvements / strength and flexibility
4. Therapist / adjust / treatment plan / feedback
5. Assessments / ensure / patient / meet goals

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here's an example:

Therapist: "I will track your progress regularly to see how you're improving." Patient: "What if I don't feel like I'm making progress?"

Therapist: "We will evaluate the effectiveness of the program and make necessary adjustments."

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

1. Терапевт регулярно стежить за прогресом пацієнта під час лікування.
2. Ми оцінюємо ефективність програми реабілітації щомісяця.
3. Пацієнт повідомляє про поліпшення сили та гнучкості.
4. Терапевт коригує план лікування на основі відгуків пацієнта.
5. Регулярні оцінки забезпечують досягнення цілей пацієнта.

Exercise 6. Reading exercise.

The Importance of Posture and Body Mechanics in Rehabilitation

Good posture and proper body mechanics are crucial elements of rehabilitation and injury prevention. Posture refers to how the body is positioned when sitting, standing, or lying down. Body mechanics involve the way we move during daily activities, such as lifting, bending, and carrying. Poor posture and incorrect body mechanics can lead to pain, discomfort, and even long-term injuries.

In rehabilitation, therapists teach patients how to maintain proper posture and use correct body mechanics during exercises and daily routines. This helps distribute the body's weight evenly, reducing stress on joints and muscles. For example, when lifting heavy objects, it's important to bend at the knees and keep the back straight, rather than bending at the waist, to avoid back injuries.

Patients also learn exercises that strengthen their core muscles, which support the spine and help maintain good posture. By developing strong core muscles, individuals can reduce the risk of injuries and improve their overall movement patterns.

Proper posture and body mechanics not only enhance recovery but also promote long-term health, making daily activities easier and less painful.

Exercise 7. Answer the following questions based on the text.

1. What is the difference between posture and body mechanics?
2. Why are posture and body mechanics important in rehabilitation?
3. How can incorrect body mechanics lead to injury?
4. What is the role of core muscles in maintaining posture?
5. How does maintaining proper posture reduce stress on the body?

Exercise 8. Fill in the blanks with the correct words from the text.

Posture refers to how the body is _ while sitting, standing, or lying down.

Body mechanics are the ways we _ during daily activities.

Poor posture can lead to _ and discomfort.

Core muscles support the _ and help maintain good posture.

Bending at the knees instead of the waist helps prevent _ injuries.

Exercise 9. Read the statements below and decide if they are true (T) or false (F).

1. Good posture only matters during physical activities.
2. Incorrect body mechanics can lead to long-term injuries.
3. Core muscles are not related to posture improvement.
4. Therapists teach patients how to use correct body mechanics during daily routines.
5. Proper body mechanics reduce stress on joints and muscles.

Exercise 10. Create sentences using the following words.

1. Posture / important / prevent injuries
2. Body mechanics / affect / daily activities
3. Therapists / teach / correct posture
4. Core muscles / strengthen / improve posture
5. Lifting / heavy objects / bend / knees

Exercise 11. Discussion practice.

Discuss with a partner (or reflect on your own) about the following:

Question: How do posture and body mechanics affect daily life and recovery? Example:

Person 1: "I think proper body mechanics can prevent a lot of injuries, especially during activities like lifting."

Person 2: "Yes, and good posture can help reduce back and neck pain in the long term."

Exercise 12.

Scenario-based reading.

“A patient recovering from knee surgery started with mobility exercises, followed by strength training. Gradual progress was crucial to _____ prevent _____ re-injury.”

Task:

1. Why is it important to start with mobility exercises?
2. What could happen if strength training is introduced too soon?

Discussion prompt.

Describe a training plan you would recommend for a patient recovering from an injury.

UNIT 8. WORKING WITH MULTIDISCIPLINARY TEAMS

- Collaborate with professionals - співпрацювати з фахівцями
- Discuss patient progress - обговорювати прогрес пацієнта
- Contribute expertise - вносити свій внесок у експертизу
- Coordinate with the nutritionist - координувати з дієтологом
- Improve patient outcomes - покращувати результати для пацієнта
- Create a treatment plan - створити план лікування
- Enhance patient care - покращувати догляд за пацієнтом
- Work closely with specialists - тісно співпрацювати зі спеціалістами
- Share knowledge - ділитися знаннями
- Lead to positive results - призводити до позитивних результатів

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (collaborate) with doctors, nurses, and other professionals to create a comprehensive treatment plan.
2. The team _____ (discuss) the patient’s progress during weekly meetings.
3. Each member _____ (contribute) their expertise to enhance patient care.
4. The therapist _____ (coordinate) with the nutritionist to address dietary needs.

5. Effective communication _____ (improve) outcomes for the patient.
6. Rest _____ (recommend) after an injury.
7. Ice _____ (apply) to reduce swelling.
8. Compression _____ (prevent) further complications.
9. Elevation _____ (reduce) fluid build-up.
10. Patients _____ (follow) specific care instructions.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “Working together allows us to provide better care for the patient.”
 2. “The team meets regularly to review the patient’s status.”
 3. “Each professional shares their knowledge to help the patient.”
 4. “The therapist works closely with other specialists to ensure comprehensive care.”
 5. “Good communication among team members leads to positive results.”
- A. Collaborate with professionals
 - B. Discuss patient progress
 - C. Contribute expertise
 - D. Coordinate with the nutritionist
 - E. Improve patient outcomes

Exercise 3. Create sentences using the following words.

1. Therapist / collaborate / doctors / create treatment plan
2. Team / discuss / patient’s progress / weekly meetings
3. Each member / contribute / expertise / enhance care
4. Therapist / coordinate / nutritionist / dietary needs
5. Communication / improve / outcomes / patient

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as a team member (e.g., nurse or nutritionist). Use the phrases from the lesson in a conversation. Here’s an example: Therapist: “We need to collaborate with the nutritionist to address your dietary needs.”

Team Member: “I agree. Regular meetings will help us review the patient’s status.” Therapist: “Yes, and sharing our expertise will enhance the overall care.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

Терапевт співпрацює з лікарями, медсестрами та іншими фахівцями для створення комплексного плану лікування.

1. Команда обговорює прогрес пацієнта під час щотижневих зустрічей.
2. Кожен член команди вносить свій внесок у поліпшення догляду за пацієнтом.
3. Терапевт координує з дієтологом, щоб врахувати дієтичні потреби.
4. Ефективна комунікація покращує результати для пацієнта.

Exercise 6. Reading exercise.

The Role of Balance and Coordination in Rehabilitation

Balance and coordination are critical skills in rehabilitation, especially for individuals recovering from injuries, surgeries, or medical conditions that affect mobility. Balance is the ability to maintain control over your body's position, whether stationary or moving, while coordination refers to the smooth and efficient movement of different parts of the body.

After an injury, the body's balance system, which includes the muscles, joints, and nervous system, can be weakened. Therapists focus on balance exercises to help patients regain stability and prevent falls. Simple exercises like standing on one leg or walking heel-to-toe can improve balance over time.

Coordination exercises, such as catching a ball or using resistance bands, help the body move in a more controlled and synchronized manner. These exercises not only restore strength but also help patients perform daily activities with more confidence and ease.

Maintaining good balance and coordination is essential for preventing future injuries and enhancing functional mobility. In many cases, patients who work on these skills regain their independence faster.

Exercise 7. Comprehension questions.

1. What are the differences between balance and coordination?
2. Why are balance exercises important in rehabilitation?
3. How does coordination help in daily activities?
4. What parts of the body are involved in maintaining balance?
5. How can improving balance and coordination prevent future

injuries?

Exercise 8. Fill in the blanks.

1. Balance is the ability to control your body's _ .
2. Coordination involves moving different parts of the body in a _ manner.
3. After an injury, the _ system _ can be weakened, affecting balance.
4. Balance exercises, such as _ on one leg, help improve stability.
5. _ exercises, like catching a ball, help with smooth body movements.

Exercise 9. Mark each statement as true (T) or false (F).

1. Balance only refers to staying upright while standing still.
2. Coordination exercises are not necessary in rehabilitation.
3. Balance is important for preventing falls during recovery.
4. Coordination helps the body perform daily tasks smoothly.
5. Simple balance exercises can improve stability over time.

Exercise 10. Write sentences using the following words.

1. Balance / improve / prevent falls
2. Coordination / help / perform activities
3. Therapist / work on / balance and coordination
4. Exercises / strengthen / stability
5. Body / regain / control / movement

Exercise 11. Discussion practice.

Work with a partner or reflect on the following question.

Question: Why are balance and coordination exercises important for someone recovering from an injury?

Example:

Person 1: "I think balance exercises help prevent falls, especially when someone is weak after an injury."

Person 2: "Yes, and coordination is necessary so the body can move efficiently during activities like walking or climbing stairs."

Exercise 12.

Short passage reading.

"After an injury, rest and ice are critical in the first phase of recovery. As swelling decreases, compression and elevation help prevent

further complications.”

Task: Write down the sequence of post-injury care steps from the text.

UNIT 9. MOTIVATION AND PATIENT SUPPORT

Wordlist

- collaborate with professionals - співпрацювати з фахівцями
- discuss patient progress - обговорювати прогрес пацієнта
- contribute expertise - вносити свій внесок у експертизу
- coordinate with the nutritionist - координувати з дієтологом
- improve patient outcomes - покращувати результати для пацієнта
- maintain control over body - підтримувати контроль над тілом
- perform daily activities - виконувати щоденні активності
- restore strength - відновлювати силу
- prevent falls - запобігати падінням
- enhance functional mobility - покращувати функціональну рухливість

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (motivate) the patient to stay committed to their rehabilitation program.
2. Family members _____ (provide) emotional support during the recovery process.
3. The therapist _____ (set) achievable goals to boost the patient's confidence.
4. Positive reinforcement _____ (encourage) the patient to keep progressing.
5. The patient _____ (share) their achievements with the therapist regularly. Rest _____ (recommend) after an injury.
6. Ice _____ (apply) to reduce swelling.
7. Compression _____ (prevent) further complications.
8. Elevation _____ (reduce) fluid build-up.
9. Patients _____ (follow) specific care instructions.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “We celebrate small victories to build confidence.”
2. “Support from loved ones is crucial for recovery.”

3. “The therapist helps the patient stay focused on their goals.”
 4. “Encouragement from the therapist motivates the patient.”
 5. “The patient feels proud when they reach their milestones.”
- A. Motivate the patient
 - B. Provide emotional support
 - C. Set achievable goals
 - D. Encourage progress
 - E. Share achievements

Exercise 3. Create sentences using the following words.

1. Therapist / motivate / patient / stay committed
2. Family members / provide / emotional support / recovery
3. Therapist / set / achievable goals / boost confidence
4. Positive reinforcement / encourage / patient / keep progressing
5. Patient / share / achievements / therapist

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here’s an example:

Therapist: “I will motivate you to stay committed to your rehabilitation program.” Patient: “How can I keep my motivation high?”

Therapist: “We will set achievable goals, and I will provide positive reinforcement.”

Exercise 5. Translate the following sentences into English using the phrases from the lesson.

1. Терапевт мотивує пацієнта залишатися відданим програмою реабілітації.
2. Члени сім’ї надають емоційну підтримку під час процесу відновлення.
3. Терапевт ставить досяжні цілі, щоб підвищити впевненість пацієнта.
4. Позитивне підкріплення заохочує пацієнта продовжувати прогрес.
5. Пацієнт регулярно ділиться своїми досягненнями з терапевтом.

Exercise 6. Reading exercise.

The Role of Motivation and Support in Rehabilitation

Motivation and support are essential elements in the success of

any rehabilitation program. Patients who are motivated and receive strong emotional and social support tend to recover faster and with better outcomes. Motivation drives patients to stick to their rehabilitation routines, while support from family, friends, and healthcare providers offers the encouragement they need to keep going, even when progress is slow.

Therapists often set achievable goals to help patients stay focused. These goals not only keep patients motivated but also give them a sense of accomplishment as they progress through their rehabilitation. Positive reinforcement, such as celebrating small victories, is another powerful tool to encourage patients to stay committed to their recovery journey.

Family members play a vital role by providing emotional support and helping patients stay engaged in the rehabilitation process. A supportive environment at home can make a big difference in a patient's recovery. Encouragement, patience, and understanding from loved ones help patients feel empowered and motivated to continue their rehabilitation.

Ultimately, motivation and support work hand in hand to ensure patients achieve their full recovery potential.

Exercise 7. Comprehension questions.

1. Why is motivation important in rehabilitation?
2. How do therapists use goals to help patients stay motivated?
3. What role do family members play in a patient's recovery?
4. How does positive reinforcement help in the rehabilitation process?
5. What are some ways patients can stay motivated during rehabilitation?

Exercise 8. Fill in the blanks.

1. Motivation drives patients to stick to their _ routines.
2. Therapists set _ goals to help patients stay focused.
3. Positive reinforcement, such as celebrating small _ , encourages patients.
4. Family members provide _ during the rehabilitation process.
5. A supportive _ at home helps patients stay engaged in their recovery.

Exercise 9. True or false.

Determine if the following statements are true (T) or false (F):

1. Motivation has no impact on the speed of recovery.
2. Setting goals helps patients feel a sense of accomplishment.
3. Positive reinforcement can include celebrating small achievements.
4. Family support is not necessary for a patient's rehabilitation.
5. Motivation and support work together to improve recovery outcomes.

Exercise 10. Write sentences using the following words.

1. Motivation / help / patients / recovery
2. Therapist / set / goals / encourage progress
3. Family / provide / emotional support
4. Positive reinforcement / keep / patients / focused
5. Support / play / important role / rehabilitation

Exercise 11. Discussion practice.

Work with a partner or reflect on the following question:

Question: How can family support and motivation from healthcare professionals improve the rehabilitation process?

Example:

Person 1: "I think when family members provide emotional support, it helps patients feel less alone and more determined to recover."

Person 2: "Yes, and when therapists set goals and celebrate progress, it keeps patients motivated, even when recovery is slow."

Exercise 12.

Read the case study.

"Anna struggled with motivation during her rehabilitation, but support from family and therapists kept her on track. Celebrating small milestones boosted her confidence."

Task:

1. What helped Anna stay motivated?
2. How did celebrating milestones affect Anna?

Creative task.

Write a motivational message that a therapist could give to Anna.

UNIT 10. HOME EXERCISE PROGRAMS

- Design home exercise programs – розробляти програми домашніх вправ
- Perform exercises daily – виконувати вправи щодня
- Provide written instructions – надавати письмові інструкції
- Help maintain progress – допомагати підтримувати прогрес
- Track workouts – відстежувати тренування
- Monitor progress – контролювати прогрес
- Make adjustments – вносити корективи
- Boost confidence – підвищувати впевненість
- Evaluate treatment – оцінювати лікування
- Assess patient’s condition – оцінювати стан пацієнта

Exercise 1. Fill in the blanks with the correct form of the verb.

1. The therapist _____ (design) a home exercise program tailored to the patient’s needs.
2. Patients _____ (perform) their exercises daily to see significant improvements.
3. The therapist _____ (provide) written instructions for each exercise.
4. Regular practice _____ (help) the patient maintain their progress.
5. The patient _____ (track) their workouts in a journal.
6. Rest _____ (recommend) after an injury.
7. Ice _____ (apply) to reduce swelling.
8. Compression _____ (prevent) further complications.
9. Elevation _____ (reduce) fluid build-up.
10. Patients _____ (follow) specific care instructions.

Exercise 2. Match the sentences with the correct phrases from the lesson.

1. “We create customized exercise plans for patients to do at home.”
 2. “Daily practice is essential for effective rehabilitation.”
 3. “The therapist ensures patients understand each exercise.”
 4. “Keeping a journal motivates the patient to stay on track.”
 5. “Home programs help reinforce what is learned during therapy sessions.”
- A. Design home exercise programs
B. Perform exercises daily

- C. Provide written instructions
- D. Help maintain progress
- E. Track workouts

Exercise 3. Create sentences using the following words.

1. Therapist / design / home exercise program / patient's needs
2. Patients / perform / exercises / daily
3. Therapist / provide / written instructions / each exercise
4. Regular practice / help / maintain / progress
5. Patient / track / workouts / in journal

Exercise 4. Dialogue practice.

Work with a partner. One person acts as the therapist and the other as the patient. Use the phrases from the lesson in a conversation. Here's an example:

Therapist: "I will design a home exercise program tailored to your needs." Patient: "How often should I perform these exercises?"

Therapist: "You should perform them daily to see significant improvements."

Exercise 5. Translation practice.

Translate the following sentences into English using the phrases from the lesson:

1. Терапевт розробляє програму домашніх вправ, пристосовану до потреб пацієнта.
2. Пацієнти виконують свої вправи щодня, щоб побачити значні поліпшення.
3. Терапевт надає письмові інструкції для кожної вправи.
4. Регулярна практика допомагає пацієнту підтримувати прогрес.
5. Пацієнт веде журнал, щоб відстежувати свої тренування.

Exercise 6. Reading exercise.

The Importance of Progress Monitoring and Adjustment in Rehabilitation

Progress monitoring is a critical component of effective rehabilitation. It involves regularly assessing a patient's condition and evaluating the effectiveness of the treatment plan. By tracking progress, therapists can determine whether patients are meeting their goals and make necessary adjustments to their rehabilitation programs.

Regular assessments may include physical tests, patient feedback, and observations during therapy sessions. These evaluations help therapists identify areas where patients may be struggling and need additional support or different exercises. It's essential to adjust treatment plans based on progress to ensure that patients continue to improve and remain engaged in their recovery.

Adjustments can include modifying exercises, changing treatment techniques, or setting new goals that reflect the patient's evolving needs. By remaining flexible and responsive to patients' progress, therapists can provide personalized care that maximizes recovery outcomes.

Monitoring progress not only helps in achieving rehabilitation goals but also boosts patients' confidence. Seeing tangible improvements reinforces the effort they put into their recovery and motivates them to keep going.

Exercise 7. Comprehension questions.

1. What is the purpose of progress monitoring in rehabilitation?
2. How do therapists assess a patient's progress?
3. Why is it important to adjust treatment plans?
4. What can adjustments to the rehabilitation program include?
5. How does monitoring progress affect patients' confidence?

Exercise 8. Fill in the Blanks.

1. Progress monitoring involves regularly assessing a patient's _.
2. Therapists use physical tests and feedback to evaluate _ progress.
3. Adjustments to treatment plans ensure patients continue to _.
4. Modifying exercises can help address areas where patients are _.
5. Monitoring progress boosts patients' _ in their recovery journey.

Exercise 9. True or false.

Determine if the following statements are true (T) or false (F):

1. Progress monitoring is not necessary in rehabilitation.
2. Regular assessments help therapists identify areas for improvement.
3. Adjustments to treatment plans can include changing techniques or setting new goals.
4. Patients do not benefit from seeing their progress.
5. Monitoring progress helps maintain patient engagement in recovery.

Exercise 10. Write sentences using the following words.

1. Progress monitoring / help / evaluate treatment
2. Therapist / assess / patient's condition regularly
3. Adjustments / ensure / personalized care
4. Seeing improvements / boost / confidence
5. Feedback / important / progress evaluation

Exercise 11.

Paragraph reading.

“Tracking progress allows therapists to adjust treatment plans. If a patient shows slow improvement, exercises are modified to better suit their needs.”

Task: Answer:

1. What happens if a patient's progress is slow?
2. Why is monitoring progress essential?

Reflection task.

Write about a situation where making adjustments would be necessary in rehabilitation.

Список використаної та рекомендованої літератури

1. Allum V. English for Rehabilitation / Virginia Allum. – Morrisville, NC: Lulu.com, 2013. – 112 с.

Інформаційні ресурси

1. British Council. Learn English. URL: <https://learnenglish.britishcouncil.org/business-english>
Eslbrains.com.
2. Journal of Rehabilitation Therapy. Psychoanalytic and Sociobiological Factors in Attitudes toward Persons with Disabilities: Discussion Focused on Rehabilitation Counseling Profession [Електронний ресурс] / Journal of Rehabilitation Therapy. URL: <https://www.rehabiljournal.com/all-articles>.
3. HospitalEnglish.com. English for Medical Professional [Електронний ресурс] / HospitalEnglish.com. URL: <https://hospitalenglish.com/students/pt.php>.
4. Macdonald E. The 23 Most Common Physical Therapy Equipment [Електронний ресурс] / Macdonald. 2023. URL:

- <https://www.writeupp.com/blog/physical-therapy-equipment>.
5. Occupational Therapy Continuing Education. URL: <https://otpotential.com/blog/influential-ot-research-articles>.
 6. Physiopedia. Introduction to Basic Rehabilitation Techniques [Электронный ресурс] / Physiopedia. URL: [https://www.physio-pedia.com/Introduction to Basic Rehabilitation Techniques](https://www.physio-pedia.com/Introduction_to_Basic_Rehabilitation_Techniques).
 7. Provo College. 10 Most Common Physical Therapy Techniques [Электронный ресурс] / Provo College. 2023. URL: <https://www.provocollege.edu/blog/most-common-physical-therapy-techniques/>.
 8. WHO. Rehabilitation [Электронный ресурс] / WHO. URL: <https://www.who.int/news-room/fact-sheets/detail/rehabilitation>.