



# ENGLISH FOR PHYSIOTHERAPY

*Beginner Level*



*Farida Noor Rohmah, M.Pd.*

## Biography

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## **ENGLISH FOR PHYSIOTHERAPY: BEGINNER LEVEL**

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## **PREFACE**

Assalamu'alaikum Wr. Wb

English for Physiotherapist Book: Beginner Level is written for the first semester of Physiotherapy student. The book is one of series book of English for Physiotherapist to support the English teaching and learning. It aims to improve the students' English communication skills and English language knowledge in key areas of physiotherapy which is appropriate with the current healthcare situations. The content was designed for beginner learner of English in areas of physiotherapy which contains basic English and common technical terms of physiotherapy.

The setting of the syllabus and the material building is based on the setting of Health College, hospital and clinic. The conversations can be used as the examples of communication in health care services, in a hospital or a clinic. The writer hopes that you enjoy using this book.

Wassalamu'alaikum Wr.Wb

## TABLE OF CONTENTS

PREFACE .....	iii
TABLE OF CONTENTS .....	iv
COMPETENCY .....	v
UNIT 1 MY NAME IS ABDUL, PHYSIOTHERAPIST .....	1
UNIT 2 I USUALLY GO TO HOSPITAL AT 7 O’CLOCK .....	11
UNIT 3 TALKING ABOUT PARTS OF BODY.....	25
UNIT 4 SOCIALIZING AT WORKPLACE .....	42
UNIT 5 PHYSIOTHERAPIST DUTY .....	54
UNIT 6 YOU SHOULD EXERCISE MORE .....	63
UNIT 7 THE PHYSIOTHERAPY POLY IS IN THE 2 <sup>nd</sup> FLOOR.....	74
GLOSSARY .....	89
REFERENCES .....	94
BIOGRAPHY .....	95

## COMPETENCY

	Competency	Language Focus
<b>UNIT 1</b>		
<b>My name is Abdul, physiotherapist</b>	Greet the patients Introduce yourself and friends Ask personal information Talk about numbers	Admitting patients
<b>UNIT 2</b>		
<b>I Usually Go To Hospital at 7 O'clock</b>	Talk about routines and activities Talk about time	Daily routines of physiotherapist
<b>UNIT 3</b>		
<b>Talking about parts of body</b>	Talk about the names of parts of body (particularly bones, joints, and muscles), How to pronounce them correctly, and How to put them in on-going activities.	Bones and muscles
<b>UNIT 4</b>		
<b>Socializing at workplace</b>	Socialize with others by talking about a light issue: vacation Talk about past events	Past tense

	Competency	Language Focus
	Make questions in the past form	
	Respond to questions	
	Learn some pronunciation.	

UNIT 5		
<b>Physiotherapist Duty</b>	Understand roles and responsibility of a physiotherapist Express roles and responsibility of a physiotherapist in written and spoken context	Roles and responsibilities of physiotherapist

UNIT 6		
<b>You should exercise more</b>	Recognizing some expressions of giving advices Using appropriate expressions in giving advices to the patients Using will and be going to talk about future	Give advices to patients



	Competency	Language Focus
UNIT 7		
<b>The physiotherapy poly is in the 2<sup>nd</sup> floor</b>	<p>Recognize the expressions of asking for and giving directions to certain departments in hospital.</p> <p>Use the expressions of asking for and giving directions to certain departments in hospital.</p>	Give directions in a hospital context



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# UNIT

# 1

**GOOD MORNING.  
I AM ABDUL, A  
PHYSIOTHERAPIS**



In this unit you will learn:

- 📌 how to greet the patients,
- 📌 introduce ourselves and friends,
- 📌 ask personal information, and
- 📌 talk about numbers.

# UNIT 2

## I USUALLY GO TO HOSPITAL AT 7 O'CLOCK IN THE MORNING



People do different things everyday. They have their own routines in their life. Sometimes, we share our routines to other people. Talking about routines is common to daily conversation.

In this unit you will learn

- 📖 how to talk about routines or daily activities and
- 📖 talk about time.

# UNIT 3

## TALKING ABOUT PARTS OF BODY



As a physiotherapist, we deal with parts of body. In order to understand and explain better the problems that the patients have, you have to know the names of parts of body in English. In this unit you will learn:

- 📚 the names of parts of body (particularly bones, joints, and muscles),
- 📚 how to pronounce them correctly, and
- 📚 how to put them in on-going activities.

# UNIT 4

## SOCIALIZING AT WORK PLACE



As a physiotherapist, we meet many people in our workplace every day in many different occasions. In order to get along with them, we should be a fun person to talk to. We should have good communication skills. Communication skill is crucial for the success of professional life.

In this unit you will learn:

- ✚ how to socialize with others by talking about a light issue: vacation,
- ✚ talk about past events,
- ✚ make questions in the past form,
- ✚ how to respond to questions, and learn some pronunciation.

# UNIT 5

## PHYSIOTHERAPIST DUTY



A physiotherapist is a health care professional who specializes in maximizing human movement, function and potential. A physiotherapist may work with someone after injury, accident or surgery, or may work to prevent injury for instance with sporting clubs or in the workplace.

In this unit you will learn:

- 🧩 how to understand roles and responsibility of a physiotherapist, express roles and responsibility of a physiotherapist in written and spoken context, and
- 🧩 make a dialogue about roles and responsibility of a physiotherapist.

# UNIT 6

## YOU SHOULD EXERCISE MORE



In this unit, you will learn:

- ✚ Recognizing some expressions of giving advices
- ✚ Using appropriate expressions in giving advices to the patients
- ✚ Using 'will' and 'be going to' to talk about future



# UNIT 7

## THE PHYSIOTHERAPY ROOM IS ON THE 2<sup>nd</sup> FLOOR.



Hospital is a public place where so many problems are dealt in different departments. Not everyone knows where or to what departments they should go to get treatment. As a physiotherapist who works in a hospital, you should be familiar with the expressions of asking for directions and always be ready to give directions when patients or their relatives' are asking you the best way to a certain ward or department inside the hospital.

In this unit you will learn

- ✚ the expressions of asking for and giving directions to certain departments in hospital.

## GLOSSARY

A list of language terms used in this book. Some of these words have a general meaning as well as a language-teaching meaning. You should look up a good language learners' dictionary to check the general meaning.

### Glossary

1. **Accident** : something bad which happens that is not expected or intended, and which often damages something or injures someone
2. **Allot** : to give (especially a share of something available) for a particular purpose
3. **Ankle** : the joint
4. **Appendicular** : Bones that help you move (e.g. legs and arms)
5. **Arms** : either of the two long parts of the upper body which are fixed to the shoulders and have the hands at the end
6. **Arthritis** : a serious condition in which a person's joints (= places where two bones are connected) become painful, swollen and stiff
7. **Awesome** : causing feelings of great admiration, respect or fear
8. **Axial** : Bones that keeps your body operate (e.g. ribs)
9. **Back** : the part of your body that is opposite to the front, from your shoulders to your bottom
10. **Bone** : any of the hard parts inside a human or animal that make up its frame
11. **Bones** : any of the hard parts inside a human or animal that make up its frame

12. **Break** : recess/ interruption
13. **Busy** : doing things
14. **College** : any place for specialized education after the age of 16 where people study or train to get knowledge and/or skills
15. **Disease** : illness of people, animals, plants, etc., caused by infection or a failure of health rather than by an accident
16. **During** : from the beginning to the end of a particular period
17. **Duty** : sift/ responsibility
18. **Ear** : either of the two organs, one on each side of the head, by which people or animals hear sounds, or the piece of skin and tissue outside the head connected to this organ
19. **Emergency Unit** : the part of a hospital where people go when they are ill or injured and need treatment quickly
20. **ENT Unit** : the ENT Unit (Ear, Nose, and Throat) treats pathologies affecting the ear, face, nose, sinuses, throat, neck and adjacent areas.
21. **Exercise** : physical activity that you do to make your body strong and healthy
22. **Fracture** : cracked or broken
23. **Graduate** : a person who has a first degree from a university or college
24. **Great** : very good/ awesome
25. **Gymnic therapy ball** : a ball used for physical therapy
26. **Hands** : the part of the body at the end of the arm which is used for holding, moving, touching and feeling things
27. **Health issues** : Health problems
28. **Illness** : a disease of the body or mind

29. **Immune** : protected against a particular disease by particular substances in the blood
30. **Injury** : physical harm or damage to someone's body caused by an accident or an attack
31. **Inpatient** : a person who goes into hospital to receive medical care, and stays there one or more nights while they are being treated
32. **Interesting** : omeone or something that is interesting keeps your attention because they are unusual, exciting, or have a lot of ideas
33. **Joints** : a place in your body where two bones are connected
34. **Knee** : the middle joint of the leg, which allows it to bend
35. **Laboratory** : a room or building with scientific equipment for doing scientific tests or for teaching science, or a place where chemicals or medicines are p
36. **Legs** : one of the parts of the body of a human or animal that is used for standing or walking, or one of the thin vertical parts of an object on which it stands
37. **Ligament** : any of the strong strips of tissue in the body that connect bones together, limiting movements in joints
38. **Maternity Ward** : the part of a hospital in which women give birth and where they are taken care of after giving birth
39. **MRI Unit** : a part of hospital that provide magnetic resonance imaging; a system for producing electronic pictures of the organs inside a person's body, using

- radio waves and a strong magnetic field
40. **Obesity** : Higher number of people's weight caused by the amount of fat.
  41. **Organ** : a part of the body of an animal or plant which performs a particular job
  42. **Ossicles** : The smallest bones of body, they are inside ears.
  43. **Overweight** : fat
  44. **Pain** : a feeling of physical suffering caused by injury or illness
  45. **Patients** : a person who is receiving medical care
  46. **Pharmacy** : a shop or part of a shop in which medicines are prepared and sold
  47. **Physiotherapist** : someone who treats people using physiotherapy
  48. **Physiotherapist** : someone who treats people using physiotherapy
  49. **Recite** : to say a piece of writing aloud
  50. **Relative** : a member of your family
  51. **Secret** : a piece of information that is only known by one person or a few people and should not be told to others
  52. **Should** : used to say or ask what is the correct or best thing to do
  53. **Sickroom** : a room in which someone who is ill lies in bed
  54. **Skeleton** : the frame of bones supporting a human or animal body
  55. **Spend** : to use time doing something or being somewhere
  56. **Sprained** : to cause an injury to a joint
  57. **Stairs** : a set of steps which lead from one level of a building to another
  58. **Stiffness** : the quality of being very formal and not relaxed

- 59. **Straight** : continuing in one direction without bending or curving
- 60. **Stretch** : to cause something to reach, often as far as possible, in a particular direction
- 61. **Supports** : to agree with and give encouragement to someone
- 62. **Tied up** : busy
- 63. **Treatment** : the way something is considered and examined
- 64. **Vacation** : a holiday, especially when you are travelling away from home for pleasure
- 65. **Verse** : a line of writing in Al-Qur'an
- 66. **Vitamin** : any of a group of natural substances which are necessary in small amounts for the growth and good health of the body
- 67. **Ward** : one of the parts or large rooms into which a hospital is divided, usually with beds for patients

## REFERENCES

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## **BIOGRAPHY**

Farida Noor Rohmah, M.Pd. is an English Lecturer at Faculty of Health Sciences of Universitas 'Aisyiyah Yogyakarta. She has been teaching English for Specific Purposes and has been designing curriculum for more than 9 years. Her research works mainly on media and technology-enhanced language learning. She has published several books. One of them is "English for Physiotherapy: Beginner Level" that has been used for the English teaching instruction in the university she works for.