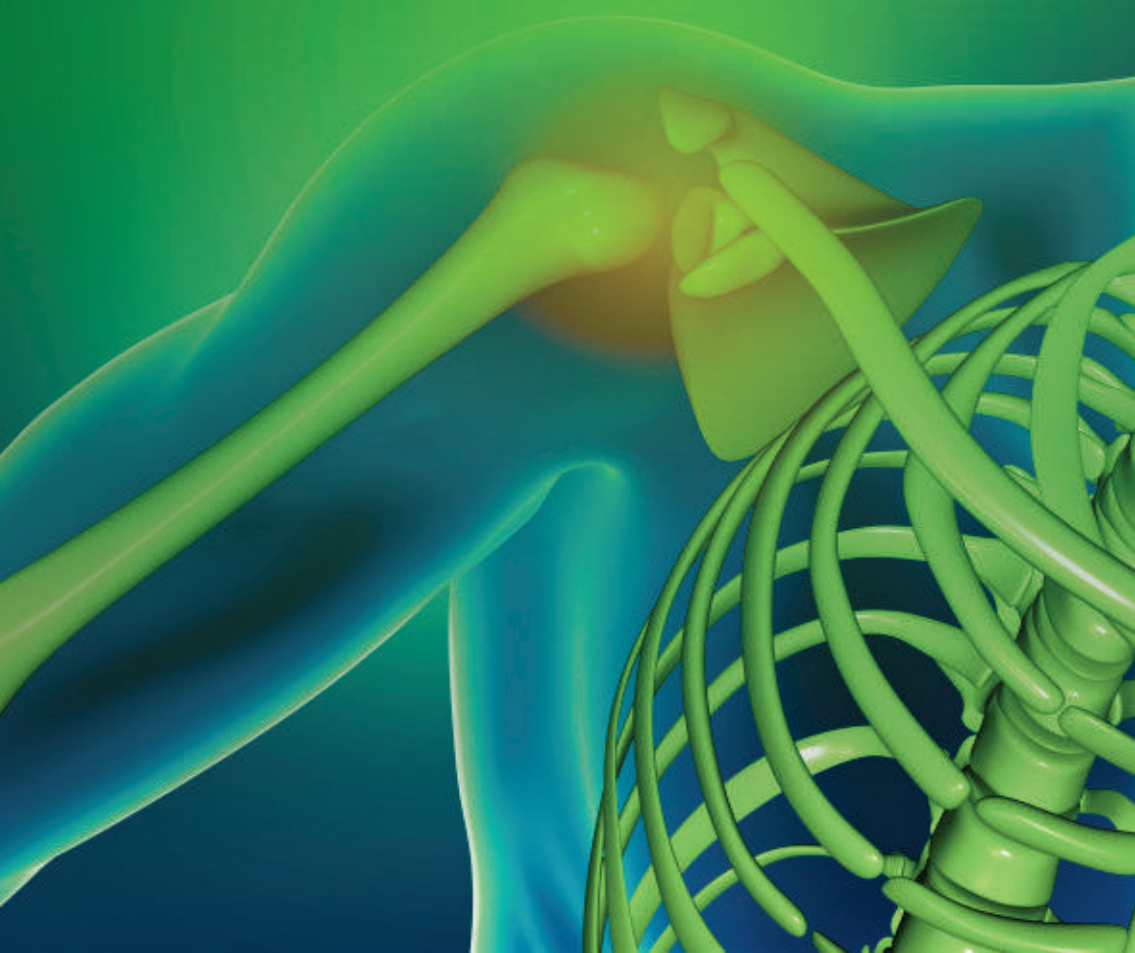


Farida Noor Rohmah, M.Pd.



**English for**  
**PHYSIOTHERAPY**  
*Elementary Level*



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Farida Noor Rohmah 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: Elementary Level" that has been used for the English teaching instruction in the university she works for.



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# ENGLISH FOR PHYSIOTHERAPY

## Elementary Level

Farida Noor Rohmah, M.Pd.



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**Elementary Level**

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## PREFACE

Assalamu'alaikum Wr. Wb

English for Physiotherapy: Elementary Level is one of book for Physiotherapist to support the English teaching and learning for physiotherapist students. 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 elementary level learners 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. The author hopes that you enjoy using the book.

Wassalamu'alaikum Wr.Wb

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# UNIT 1

## SUPPORTING ASSESSMENT



Working as a physiotherapist not only needs the competence and skills on physical therapy but also needs to have a good communication skill because sometimes he is responsible at the front desk.

When you are on duty in the front desk, you have to be able to welcome the patients and helping them with the administration forms. Smiles, warm greetings, and offering help politely are the pillars of best services. In this unit, you will learn how to welcome the patients and guide the patients to fill medical form in English.

# UNIT

# 2

## DID YOU JUST GET AN ACCIDENT?



Working as a physiotherapist not only needs the competence and skills on physical therapy but also needs to have a good communication skill because sometimes he is responsible at the front desk.

When you are on duty in the front desk, you have to be able to welcome the patients and helping them with the administration forms. Smiles, warm greetings, and offering help politely are the pillars of best services. In this unit, you will learn how to welcome the patients and guide the patients to fill medical form in English.



# UNIT

# 3

## CHECKING VITAL SIGNS



The first time you have an emergency situation of seeing an accident victim or one who suddenly feels so much pain in her lower back part that s/he cannot walk anymore, you as a physiotherapist should be able to give first aid to help the person. The procedure is of course to check the person's vital signs such as the heartbeat, respirations, blood pressure, and temperature. Those vital signs will tell you what to do next to care the needs of your patient.

When you are going to check the vital signs of a conscious patient, you need to do it very gently and carefully. You have to give instructions to your patient to help you check their vital signs, for example, to ask the patient to sit down, lie down, take a deep breath, and so on. In this unit, you will learn the expressions you can use to give instructions.

UNIT

4

CONDUCTING IPPA  
ASSESSMENT



To check the overall health of a patient, health care professionals usually do what the so called as 'physical assessment'. It helps them determine the general status of the patient's health. Physical assessment also gives chance to patient to talk to doctors or the other health professionals about the patient's ongoing pain or symptoms that s/he experiencing. As a health care professional, you have to certainly be able to do the physical assessment so that by knowing the patients' health status, you can give the best treatment to them.

Since physical assessment is one of the important processes in checking the patients' health, it should be done in a well-organized way. In this unit, you will learn about how to do something in a step wise manner; what to do first and what is next.

## TASK 1

Watch the video and learn some related vocabularies

- Lecturer** : Good morning, class. How are you doing?
- Students** : Great, Ma'am. How about you?
- Lecturer** : I feel good thank you. Okay class, for today's session we are going to learn about how to perform physical assessment to patients. Does anyone know what physical assessment is?
- Student** : Yes, Mam. Physical assessment is an examination to check the general status of patients' health.
- Lecturer** : Very good. It is a check that provides the health information of the patients. Now, what are the techniques of the physical assessment?
- Student** : Inspection, palpation, percussion, and auscultation.

# UNIT 5

## EMPLOYING ROM (GONIOMETER)



A therapist typically measures a joint's ROM by utilizing functional or active measurements along with passive measurements. When a patient moves the body and joint without help, this is functional or active measurement. When the medical professional moves the joint without the assistance of the patient, this is passive measurement. The patient's pain levels and amounts of movement are monitored and recorded through this assessment process.

In this unit you will learn kinds of ROM assessment tools, give instruction when doing ROM assessment, and explain the result of ROM.

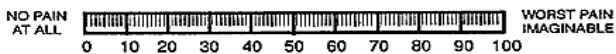
# UNIT 6

## EMPLOYING VAS

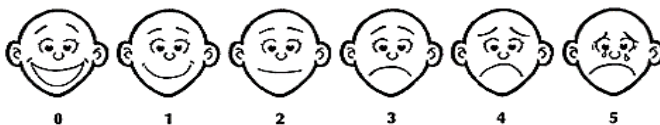
(Visual Analogue Scales)



**VISUAL ANALOG SCALE**



**HAPPY FACE - SAD FACE SCALE**



Pain is an internal, subjective experience that cannot be directly observed by other. The assessment of pain therefore relies largely (and in many cases exclusively) upon the use of self-report. Considering the self-report of pain as a subject of biases, a good deal of effort has been invested in testing and refining self-report methodology.

Assessing pain requires measurement tools that are valid and reliable. A variety of valid and reliable pain assessment scale are available, with the three most commonly used are Verbal Rating Scale (VRS), Numerical Rating Scale (NRS) and **Visual Analogue Scale (VAS)**.

As you can see in the above picture, Visual Analogue Scale (VAS) has scale from 0 (no pain) to 100 (worst pain) to measure pain intensity. A patient will be asked to mark a sign that represent his pain intensity along the VAS. The mark then will be measured from the right and taken into a note for the next therapy data. Therefore, VAS is usually used to check the progress of injury recovery.

# UNIT 7

## EMPLOYING HAMMER REFLEX



There are many assessments in physiotherapy in order to diagnose the patients' problems. One of them is hammer reflex. This assessment is using a hammer as the tool to diagnose patient's problem.

In doing hammer reflex, a physiotherapist has to be able to give instruction clearly and he/she should have a good communication skills to gather the results of the assessment. In this unit, you will learn some expressions used in giving instructions or commands in English when conducting the hammer reflex and learn some kinds of hammer tools and related vocabularies in hammer reflex assessments.

## **TASK 1**

**Read the conversation below and learn some related vocabularies**

- Physiotherapist : Would you please sit on the bed Sir?  
Patient : Yes.  
Physiotherapist : How long you've been feeling like this?  
Patient : About a week. I feel painful whenever I move my legs.  
Physiotherapist : Well. let me take a look. Now, move backward a bit.  
Patient : Okay.  
Phyriotherapist : Take a deep breath and release slowly. Relax.  
Patient : Haaaaaphuuufff (the patient do the instruction)  
Physiotherapist : Please relax your legs. This hammer will not hurt you.  
Okay. Here we go. (the therapist do the hammer reflect)



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