

UNIT 3

<i>VOCABULARY AND READING</i>	Physiotherapy-Related Professions
<i>GRAMMAR: THEORY AND PRACTICE</i>	Past Continuous Tense
<i>SPEAKING</i>	Physiotherapy- Related Professions

PHYSIOTHERAPY- RELATED PROFESSIONS

TEXT



Task 1. Read and translate the text.

Apart from physiotherapists, there are other professions concerned with helping people with their physical disabilities, taking care of their physical well being and relieving their suffering by means of natural methods and rehabilitation rather than surgical treatment. Here are few examples of such professionals:

Occupational therapists (OTs) help people of all ages who have physical, mental health or social problems (resulting from birth, an accident, an operation, illness, etc.) to adapt to any aspect of their life with more independence, confidence and control. OTs assess patients' abilities to perform activities and design treatment programmes to increase their capability to deal with difficulties. Generally, the interventions supported by OTs may cover e.g. everyday activities, such as washing, preparing and eating meals, shopping or transport; the use of equipment to help with daily living or getting around inside and outside the home. In most cases the patients are: people suffering from a physical condition (stroke or heart disease); people recovering from operations; physically and mentally disabled people.

Osteopaths / chiropractors are concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, and the effect of these disorders on the functioning of the nervous system and general health. They work with their hands and use a range of techniques to treat conditions like back pain, migraine, sports injuries, repetitive strain injury, and asthma.

The underlying philosophy is that the body has a natural tendency to heal itself but this can be disrupted by abnormalities in the skeleton, soft tissue, or the relationship between them. The profession takes a holistic approach to the needs of patients, considering their physical, psychological and social factors. An osteopath investigates a patient's symptoms, assesses him/her on a mechanical, functional and postural basis. Manual methods of treatment (gentle stretching, mobilising techniques) are combined with lifestyle and dietary recommendations, such as advice on posture, eating, exercise and relaxation.

Reflexologists are concerned with treating patients' disorders by applying specific pressure to reflex areas found in the feet and sometimes the hands. According to them, every part of the body is reflected in a precise area (or reflex point) on the feet and hands. It is believed that illness, or injury can result in granules accumulated around these reflex points, which then block vital energy pathways.

Treatment aims to break down these deposits in order to free the body's natural energy flow, to open blocked nerve pathways and to improve the blood supply in order to get rid of toxins. Reflexology helps to treat such conditions as: migraine, hormonal imbalances, circulatory problems, digestive problems, back problems, insomnia and stress-related disorders.

Task 2. Answer the following questions.

1. In what situations do OTs help their patients?
2. Who usually needs the help of OTs?
3. What disorders do osteopaths / chiropractors deal with?
4. What treatment methods do they usually use?
5. What is a 'holistic approach'?
6. What is the idea of reflexology based on?
7. What conditions do reflexologists treat?

Task 3. Match the words from the columns to make correct expressions.

dietary	flow
sports	treatment
energy	approach
hormonal	disorders
natural	disabled
mentally	injuries
mechanical	recommendations
surgical	imbalance

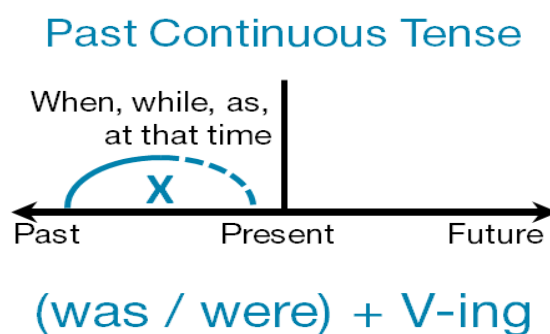
holistic

tendency

Task 4. Discussion. Talk about the following points in pairs

- Which profession from the text seems to be most interesting for you? Why?
- Which one seems to be the most difficult? Why?
- What does one need to become a chiropractor, an occupational therapist, and a reflexologist (education, personal qualities, etc.)?
- Do you know any other jobs related to physiotherapy? What / who do these people deal with?

GRAMMAR: PAST CONTINUOUS TENSE



The past continuous (also called past progressive) is a verb tense, which is used to show that a past action was happening at a specific time or the moment of interruption in the past, or that two past actions were happening at the same time.

Examples:

*I **was doing** my English homework, when she called.*

*When the phone rang, she **was writing** her task in organic chemistry.*

*While the teacher **was delivering** the lecture in analytical chemistry, the dean came to check the attendance.*

*While Ivan **was reading** the book, his friend **was doing** his English homework.*

The **past continuous** is formed using **was/were + V-ing**. Questions are indicated by inverting the subject and was/were. Negatives are made with not.

Statement: You were studying English when she called.

Question: Were you studying English when she called?

Negative: You were not studying English when she called.

MARKERS OF PAST CONTINUOUS

WHEN
WHILE
AS
AT THE TIME OF

PRACTISE YOUR GRAMMAR: PAST CONTINUOUS TENSE

Task 1. Write negative and interrogative sentences.

1. I was studying Latin language.

- _____

? _____

2. My groupmate was reading a medical book.

- _____

? _____

3. She is reading about the National University of Pharmacy now.

- _____

? _____

4. They were studying organic chemistry all evening yesterday.

- _____
? _____

5. My best friend was living in a hostel last year.

- _____
? _____

Task 2. Fill in the blanks with appropriate Past Continuous form of the verb given in the brackets.

1. I _____ TV at eight o'clock yesterday evening.

a) was watching b) watched c) am watching

2. I _____ a medical book all day yesterday.

a) read b) was reading c) had read

3. At the time when it happened, I _____ to the University.

a) was going b) went c) am going

4. As I _____ down the road, I saw my English teacher.

a) were walking b) was walking c) walked

5. The phone rang while I _____ organic chemistry.

a) was studying b) study c) was studying

6. It happened while I _____ in a hostel last year.

a) lives b) was living c) had living

7. When I entered her room, she _____ the piano.

- a) was playing b) played c) were playing

8. Students _____ to the exam all week.

- a) was learning b) were learning c) were lear

Task 3. Choose which verb tense (Past Indefinite or Past Continuous) fits better.

1. I _____ - I didn't hear you come in.

- a) was sleeping b) slept

2. I _____ to see her twice, but she wasn't home.

- a) was coming b) came

3. What _____ yesterday evening? – I was doing my English homework.

- a) did you do b) were you doing

4. Last month I decided to buy a pharmaceutical encyclopedia, and yesterday I finally _____ it.

- a) bought b) was buying

5. Hey, did you talk to the head of the department? – Yes, I _____ to her.

- a) was talking b) talked

6. _____ the flu last year?

- a) did you have b) were you having

7. We _____ breakfast when she walked into the canteen.

- a) had b) were having

Task 4. Open the brackets and write the correct form of the verbs – Past Indefinite or Past Continuous.

1. A: What _____ (you, do) when you heard that noise?

B: I (make) _____ a project for my English lesson.

2. The doctor said that Brian (be) _____ too weak to go to work and that he (need) _____ to stay at home for a couple of days.

3. My groupmate (arrive) _____ at my house a little before 9:00 pm, but I (be, not) _____ there. I (study) _____ at the library for my final examination in chemistry.

Task 5. Complete the sentences with the past Simple or the past Continuous.

1. I (break) _____ my leg once while I (play) _____ football for the university team.

2. I (have) _____ a terrible headache yesterday.

3. Nobody (help) _____ him. He (do) _____ it himself.

4. At nine o'clock last night, I (make) _____ a report.

5. I (read) _____ a book while you (do) _____ the washing up.

6. Penny _____ (do) her tasks in organic chemistry all evening yesterday.

7. I _____ (work) on my report at 10.30 last night.

8. It _____ (start to rain) as we were just about to leave the house.

9. I _____ (wake up) early yesterday. It _____ (to be) a nice morning.
The sun _____ (to shine).

10. I _____ (read) the scientific journal, when the phone rang.