

N. CHAIKOVSKA, ZH. NYKIFORCHUK, O. RAK, A. HNATYSHYN

MEDICAL ENGLISH FOR REHABILITATION SPECIALISTS



МІНІСТЕРСТВО ОСВІТИ І НАУКИ УКРАЇНИ
МІНІСТЕРСТВО ОХОРОНИ ЗДОРОВ'Я УКРАЇНИ
Буковинський державний медичний університет

Чайковська Н.М., Никіфорчук Ж.В., Рак О.М.,
Гнатишин А.М.

**Англійська мова за професійним спрямуванням
для студентів-реабілітологів**

«MEDICAL ENGLISH FOR REHABILITATION SPECIALISTS»

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Упорядники:

Чайковська Н.М. – викладач кафедри іноземних мов Буковинського державного медичного університету;

Никифорчук Ж.В. – доктор філософії, старший викладач кафедри іноземних мов Буковинського державного медичного університету;

Рак О.М. – кандидат філологічних наук, доцент, завідувач кафедри іноземних мов Буковинського державного медичного університету;

Гнатишин А.М. – викладач кафедри іноземних мов Буковинського державного медичного університету.

Рецензенти:

Павло СОДОМОРА – Завідувач кафедри латинської та іноземних мов Львівського національного медичного університету імені Данила Галицького, д. філос. н., професор

Олена БЄЛЯЄВА – Завідувачка кафедри іноземних мов з латинською мовою та медичною термінологією Полтавського державного медичного університету, к. пед. н., доцент

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У навчальному виданні подано англomовні тексти медичної тематики, орієнтовані на професійну підготовку здобувачів спеціальності «Терапія та реабілітація». До текстів розроблено комплекс вправ, спрямований на цілеспрямоване формування та удосконалення іншомовних видів мовленнєвої діяльності, необхідних для майбутньої професійної діяльності. Побудований на новітніх концептуальних засадах, пропонується посібник повністю відповідає програмі англійської мови за професійним спрямуванням для закладів вищої освіти із підготовки майбутніх реабілітологів.

Навчальний посібник може бути використано для аудиторної та самостійної підготовки студентів до практичних занять та підсумкового модульного контролю.

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Вступ

Навчальний посібник, що має назву “Medical English for Rehabilitation Specialists” призначений для студентів закладів вищої освіти зі спеціальності 227 «Терапія та реабілітація».

Структура посібника відповідає сучасним дидактико-методичним вимогам до засобів навчання у закладах вищої освіти, передбачає послідовність викладу навчального матеріалу, міжпредметну координацію.

Мета посібника – забезпечити цілеспрямоване формування іншомовної компетентності у різних видах мовленнєвої діяльності (читання, аудіювання, говоріння) у здобувачів спеціальності «Терапія та реабілітація» на основі англomовних текстів медичної тематики; розвинути професійну термінологічну грамотність, навички аргументованого усного висловлювання та критичного аналізу інформації; інтегрувати лексико-граматичний матеріал через систему вправ і цифрових інструментів для забезпечення готовності до професійно орієнтованого спілкування.

Посібник складається з основної частини та додатків. Основні розділи вибудовані за єдиною структурою, що забезпечує логічність, послідовність і цілісність навчального процесу. Тематика юнітів охоплює актуальні питання медицини та реабілітації. У додатках подано граматичний блок із вправами, приклад тренувального модуля та посилання на відеоресурси, які допоможуть студентам поглибити знання й закріпити практичні навички.

Кожен юніт включає кілька взаємодоповнюючих елементів. Лексичний розділ містить добірку фахової термінології з перекладом та інтерактивні завдання у цифрових середовищах, що сприяють активному засвоєнню нової лексики та її використанню у професійному мовленні.

Читання представлено інформативними текстами науково-популярного та професійного змісту із системою завдань, спрямованих на розуміння основного та деталізованого змісту, узагальнення й критичне осмислення. Аудіювання базується на автентичних аудіо- та відеоматеріалах, які поглиблюють зміст юнітів. Говоріння реалізоване у форматі групових дискусій, що формують уміння аргументовано висловлювати думки, аналізувати та порівнювати факти, а також вільно застосовувати професійну лексику. Тематики для обговорень зорієнтовані на найважливіші питання сучасної медицини, охорони здоров'я та реабілітації, що відповідає викликам сьогодення.

Структура і зміст навчального посібника дозволяють реалізувати основні функції засобів навчання, зокрема, навчаючу, мотивуючу, організаційно-плануючу, індивідуалізуючу і контролюючу функції.

UNIT 1. TRAINING OF REHABILITATION SPECIALISTS

VOCABULARY

1. Learn the topical vocabulary.

1. training – навчання
2. rehabilitation specialists – спеціалісти з реабілітації
3. medical universities – медичні університети
4. rehabilitation – реабілітація
5. health restoration – відновлення здоров'я
6. injuries – травми
7. surgeries – хірургічні операції
8. chronic diseases – хронічні захворювання
9. theoretical training – теоретична підготовка
10. practical skills – практичні навички
11. physical therapy – фізіотерапія
12. occupational therapy – ерготерапія
13. kinesiology – кінезіологія
14. anatomy – анатомія
15. physiology – фізіологія
16. pathology – патологія
17. motor activity restoration – відновлення рухової активності
18. pain reduction – зменшення болю
19. adaptation techniques – техніки адаптації
20. practical training – практична підготовка
21. clinics – клініки
22. rehabilitation centres – реабілітаційні центри
23. sanatoriums – санаторії
24. stroke – інсульт
25. spinal injuries – травми хребта
26. orthopaedic surgeries – ортопедичні операції
27. amputations – ампутації
28. psychological support – психологічна підтримка
29. psycho-emotional efforts – психоемоційні зусилля
30. modern technologies – сучасні технології
31. robotic therapy – роботизована терапія
32. virtual reality – віртуальна реальність
33. biofeedback – біологічний зворотний зв'язок
34. interdisciplinary cooperation – міждисциплінарна співпраця
35. effective rehabilitation system – ефективна система реабілітації

36. quality of life improvement – покращення якості життя
37. quick return to active life – швидке повернення до активного життя

Practice the vocabulary online:



QUIZLET

2. Match the terms with their correct definitions:

- | | | |
|----------------------|-----------------------|-----------------------|
| rehabilitation | stroke | interdisciplinary |
| physical therapy | psychological support | cooperation |
| occupational therapy | virtual reality | orthopaedic surgeries |
| anatomy | biofeedback | motor activity |
| pathology | | restoration |
- a. a method of treatment that helps restore movement and function after an injury or illness.
b. a serious medical condition that happens when blood flow to a part of the brain is blocked or reduced.
c. a type of therapy that helps patients adapt to daily activities after an illness or injury.
d. a field of study that focuses on the structure of the human body.
e. a modern technology that creates a computer-generated environment for therapy and training.
f. a medical procedure that treats conditions affecting bones, joints, and muscles.
g. the process of regaining the ability to move and perform physical activities.
h. the branch of medicine that studies diseases, their causes, and their effects on the body.
i. the collaboration of specialists from different fields to improve patient treatment and recovery.
j. a technique that provides real-time information about body functions to help control physiological processes.
k. emotional and mental support provided to patients during recovery.
l. a process that helps people regain their health and normal function after an illness or injury.

Do this exercise online:



WORDWALL

3. Complete the sentences with the correct words from the list:

Word Bank:

rehabilitation theoretical training kinesiology
specialists clinics
practical training rehabilitation centres

1. _____ studies how movement affects the human body and develops techniques to restore mobility.
2. Future _____ are trained to help people recover after injuries, surgeries, and illnesses.
3. Universities offer _____ in hospitals and specialized centres to help students gain real-life experience.
4. People recovering from strokes or injuries often go to _____ to receive special treatment and care.
5. Students learn about body functions, diseases, and treatments during their _____.
6. Specialists work in _____ where they help patients restore mobility and independence.

Do this exercise online:



WORDWALL

READING

4. Read and listen to the text.



1.1. Training of rehabilitation specialists at medical universities

Training rehabilitation specialists at medical universities is an important area of modern education, as rehabilitation plays a key role in restoring patients' health after injuries, surgeries, and chronic diseases.

The training of future specialists in this field includes theoretical training and practical skills. The educational process is based on disciplines related to medicine, physical therapy, occupational therapy, kinesiology, anatomy, physiology, and pathology. Students learn methods of restoring motor activity, ways to reduce pain, and techniques for adapting to patients' new physical capabilities.

Practical training takes place in clinics, rehabilitation centres, and sanatoriums, where students gain experience working with different categories of patients, including people after stroke, spinal injuries, orthopaedic surgeries, or amputations. An important component is also training in psychological support methods, as rehabilitation often requires not only physical but also psycho-emotional efforts.

Modern rehabilitation training is focused on introducing the latest technologies, including robotic therapy, virtual reality, and biofeedback. Much attention is also paid to interdisciplinary cooperation, which allows us to help patients more effectively.

Thus, high-quality training of rehabilitation specialists in medical universities is the key to an effective rehabilitation system that improves the quality of life of patients and their quick return to active life.

5. Answer the questions.

1. What is the importance of training rehabilitation specialists at medical universities?
2. What does the educational process for future rehabilitation specialists include?
3. Where does the practical training of rehabilitation specialists take place?
4. What types of patients do rehabilitation specialists work with during their practical training?
5. What is an important component of rehabilitation specialist training?
6. What modern technologies are being introduced in rehabilitation specialist training?
7. Why is high-quality training of rehabilitation specialists important?

6. Choose the correct answer.

- | | |
|--|---|
| 1) What is the primary focus of rehabilitation specialist training? | A. Only in medical universities |
| A. Learning advanced medical technologies | B. In clinics, rehabilitation centres, and sanatoriums |
| B. Restoring patients' health and motor activity | C. Exclusively in surgical wards |
| C. Studying psychological techniques only | D. At robotic therapy centres |
| D. Practising surgical procedures | 4) What is an important aspect of modern rehabilitation training? |
| 2) Which disciplines are included in the educational process for rehabilitation specialists? | A. Focusing solely on physical recovery |
| A. Only medical subjects | B. Eliminating psychological support |
| B. Exclusively physical therapy | C. Introducing latest technologies like virtual reality |
| C. A range of subjects including anatomy and kinesiology | D. Reducing interdisciplinary cooperation |
| D. Psychological support methods | 5) Why is psychological support considered crucial in rehabilitation? |
| 3) Where do students gain practical experience during their training? | A. It is not important in rehabilitation |
| | B. Rehabilitation requires both physical and psycho-emotional efforts |

C. Only physical recovery matters
D. Psychological methods are completely unnecessary

6) What is the ultimate goal of rehabilitation specialist training?
A. To create complex medical technologies
B. To increase university funding
C. To improve patients' quality of life and help them return to active life

D. To reduce medical staff numbers

7) How does interdisciplinary cooperation benefit rehabilitation?

A. It has no significant impact
B. It complicates the rehabilitation process
C. It helps patients more effectively
D. It increases medical costs

LISTENING

 1.2. **7. Listen to the rehabilitation graduate. Mark the sentences True or False. Correct the false ones.**

1. Viktoria found her studies in rehabilitation therapy both interesting and deep.

2. She realized the importance of rehabilitation therapists only in her final year of study.

3. Theoretical classes helped her build a strong foundation for practical skills.

4. Viktoria studied subjects like chemistry and mathematics to understand rehabilitation therapy.

5. The most valuable part of her studies was the hands-on experience in clinics and rehabilitation centers.

6. She worked alone in rehabilitation centers without interacting with other professionals.

7. Viktoria believes that rehabilitation therapists play a key role in helping people recover and return to normal life.

8. She regrets choosing rehabilitation therapy as her profession.

SPEAKING

8. Discuss the following questions.

1. What do you think are the most important qualities of a good rehabilitation therapist, and why?

2. How does hands-on experience in clinics and rehabilitation centers enhance theoretical learning? Can theory alone be enough?

3. In what ways do rehabilitation therapists collaborate with other healthcare professionals, and why is teamwork essential in patient recovery?

UNIT 2. HIGHER MEDICAL EDUCATION IN UKRAINE

VOCABULARY

1. Learn the topical vocabulary.

1. higher medical education - вища медична освіта
2. tradition - традиція
3. reputation - репутація
4. quality of training - якість підготовки
5. academic standards - академічні стандарти
6. medical universities - медичні університети
7. public institutions - державні установи
8. private institutions - приватні установи
9. curriculum - навчальний план
10. specialty - спеціальність
11. medicine - медицина
12. pharmacy - фармація
13. dentistry - стоматологія
14. nursing - медсестринство
15. public health - громадське здоров'я
16. Doctor of Medicine (MD) - доктор медицини
17. theoretical training - теоретична підготовка
18. practical training - практична підготовка
19. anatomy - анатомія
20. physiology - фізіологія
21. biochemistry - біохімія
22. microbiology - мікробіологія
23. clinical phase - клінічний етап
24. internship - стажування
25. hospital - лікарня
26. experienced doctor - досвідчений лікар
27. practical skills - практичні навички
28. be taught - викладатися
29. accessible - доступний
30. international recognition - міжнародне визнання
31. diploma - диплом
32. admission - вступ
33. entrance exam - вступний іспит
34. academic requirement - академічна вимога
35. graduation - випуск
36. residency - інтернатура

37. postgraduate program - післядипломна програма
38. abroad - за кордоном
39. professional growth - професійне зростання
40. in-depth knowledge - глибокі знання

Practice the vocabulary online:



QUIZLET

2. Fill in the gaps

Word Bank:

public	international students	fundamental
international	internship	focus
recognition	competitive	residency

1. Ukrainian universities offer both _____ and private education.
2. One of the advantages of studying medicine in Ukraine is a strong _____ on practical skills.
3. Many programs are taught in English to attract _____.
4. Students gain real medical experience during the _____ in hospitals.
5. Anatomy and microbiology are part of the _____ medical disciplines.
6. After graduation, some students apply for a _____ to continue their training.
7. Admission is highly _____, and applicants must pass exams.
8. Ukrainian diplomas are often accepted abroad due to their _____.

Do this exercise online:



WORDWALL

3. Match the word with the definition

Word	Definition
1. anatomy	A. A document you receive after completing your education
2. curriculum	B. The list of subjects included in a study program
3. diploma	C. Short-term work in a hospital to get experience

Word	Definition
4. entrance exam	D. The science and practice of preparing and giving medicines
5. internship	E. A test you take before being accepted to a university
6. nursing	F. Advanced medical training in a hospital after graduation
7. residency	G. The study of the structure of the human body
8. pharmacy	H. The job or study of caring for sick or injured people

Do this exercise online:



WORDWALL

4. Do the exercise and check the spelling of words and phrases.



WORDWALL

READING



2.1.5. Read the listen to the text:

Higher medical education in Ukraine

Higher medical education in Ukraine has a long tradition and a strong reputation due to the quality of training and high academic standards. Ukrainian medical universities are well-known both within the country and abroad, attracting thousands of students from around the world every year.

Medical education in Ukraine is provided by public and private higher education institutions that are located in cities such as Kyiv, Kharkiv, Lviv, Chernivtsi, Odesa, Dnipro, etc. In the university curriculum it is possible to find a wide range of specialties - from medicine, pharmacy, dentistry to nursing and public health. The most common degree is Doctor of Medicine (MD), which usually takes six years to complete.

The process of studying provides the opportunities for theoretical and practical training. During the first three years, students study fundamental medical disciplines: anatomy, physiology, biochemistry, and microbiology. Subsequently, the training proceeds with the clinical phase - students undergo internships in hospitals and gain real experience under the guidance of experienced doctors.

One of the advantages of medical education in Ukraine is its focus on practical skills. In addition, many programs are taught in English, which makes Ukrainian medical education accessible to foreigners and facilitates international recognition of diplomas.

Admission to medical universities is competitive. Applicants must pass entrance exams and meet academic requirements. After graduation, applicants can do internships, residencies, or apply for postgraduate programs in Ukraine and abroad.

In conclusion, higher medical education in Ukraine is a solid foundation for the professional growth of future doctors, combining in-depth knowledge, practice and international perspectives.

6. Answer the following questions:

1. Why is higher medical education in Ukraine considered to have a strong reputation?
2. What types of institutions offer medical education in Ukraine, and in which cities are they typically located?
3. What are some of the medical specialties available in Ukrainian medical universities?
4. How long does it usually take to complete a Doctor of Medicine (MD) degree in Ukraine?
5. What subjects do students typically study during the first three years of medical school in Ukraine?
6. What happens during the clinical phase of medical education in Ukraine?
7. What are two key advantages of Ukrainian medical education mentioned in the text?
8. How does the use of the English language in medical programs benefit international students?
9. Why do you think practical training is emphasized so strongly in Ukrainian medical education?
10. In what ways can Ukrainian medical graduates continue their education or careers after graduation, both domestically and internationally?

7. Choose the correct option:

- | | |
|---|---|
| 1. Why does higher medical education in Ukraine have a strong reputation? | D) Because it has the lowest entry requirements |
| A) Because it is the most expensive in Europe | |
| B) Because of its quality of training and high academic standards | 2. What types of institutions provide medical education in Ukraine? |
| C) Because of its short study duration | A) Only private colleges |
| | B) Military academies |

- C) Public and private higher education institutions
D) Technical schools
3. Which of the following is *not* listed as a city with a medical university in Ukraine?
A) Kyiv
B) Lviv
C) Odesa
D) Donetsk
4. Which degree is the most common in Ukrainian medical universities?
A) Bachelor of Surgery
B) Doctor of Philosophy (PhD)
C) Doctor of Medicine (MD)
D) Master of Public Health (MPH)
5. How many years does it usually take to complete an MD degree in Ukraine?
A) Four
B) Five
C) Six
D) Seven
6. Which subjects are studied during the first three years of medical training?
A) Internal medicine and surgery
B) Anatomy, physiology, biochemistry, and microbiology
C) Economics and law
D) Epidemiology and public health
7. What is the purpose of the clinical phase of education?
A) To write a dissertation
B) To study independently
C) To undergo hospital internships and gain real experience
D) To learn management skills
8. What is one of the main advantages of Ukrainian medical education?
A) It is entirely online
B) It focuses mainly on theory
C) It emphasizes practical skills
D) It does not require clinical practice
9. Why are English-taught programs important in Ukrainian medical education?
A) They help local students improve their English
B) They reduce the cost of education
C) They make education accessible to foreigners and improve diploma recognition
D) They shorten the duration of the course
10. What options do graduates have after finishing medical school in Ukraine?
A) They can only work in Ukraine
B) They must join the army
C) They can apply for internships, residencies, or postgraduate programs
D) They must study a non-medical field

LISTENING

8. Watch the video about Higher Education system of Ukraine. Mark the sentences True or False. Correct the false ones.



1. Ukraine joined the Bologna Process in 2015.
2. The three-cycle structure in Ukraine includes Junior Bachelor, Bachelor, Master, and Doctoral degrees.
3. The European Credit Transfer and Accumulation System (ECTS) is optional in Ukrainian higher education.
4. The National Qualification Framework of Ukraine aligns with the European Qualification Framework.
5. NAQA consists only of academic experts from universities.
6. Bachelor's programs in Ukraine require a minimum of 180 to 240 ECTS credits.
7. All master's degree programs in Ukraine require exactly 300 ECTS credits.
8. International students can enroll in any program in Ukraine without any regulations.
9. As of 2021, Ukraine had over 1,000 universities offering PhD degrees.
10. Program accreditation in Ukraine is obligatory for both public and private institutions.

SPEAKING

9. Discuss the following questions.

1. What challenges and opportunities do international medical students face when studying in Ukraine?
2. How has the war and political instability affected medical education and training in Ukraine?
3. Could AI revolutionize medical training in Ukraine – or are traditional methods still more effective?

UNIT 3. THE WORLD HEALTH ORGANIZATION

VOCABULARY

1. Learn the topical vocabulary.

1. World Health Organization (WHO) - Всесвітня організація охорони здоров'я (ВООЗ)
2. to found - засновувати
3. specialized organization - спеціалізована організація
4. United Nations - Організація Об'єднаних Націй (ООН)
5. primary goal - головна мета
6. health level - рівень здоров'я
7. public health - громадське здоров'я
8. international health standards - міжнародні стандарти охорони здоров'я
9. to coordinate actions - координувати дії
10. global epidemic - глобальна епідемія
11. technical assistance - технічна допомога
12. to conduct research - проводити дослідження
13. scientific recommendation - наукова рекомендація
14. vaccination program - програма вакцинації
15. disease prevention - профілактика захворювань
16. eradication - ліквідація
17. smallpox - віспа
18. viral infection - вірусна інфекція
19. HIV/AIDS - ВІЛ/СНІД
20. to respond (to a threat) - реагувати (на загрозу)
21. government - уряд
22. to develop recommendations - розробляти рекомендації
23. vaccine supply - постачання вакцин
24. low-income countries - країни з низьким рівнем доходу
25. healthcare worker - медичний працівник
26. medical policy - медична політика
27. treatment protocol - протокол лікування
28. prevention protocol - протокол профілактики
29. to facilitate exchange - сприяти обміну
30. field of global health - сфера глобального здоров'я
31. quality health care - якісна медична допомога
32. access to health care - доступ до медичної допомоги
33. income level - рівень доходу

Practice the vocabulary online:



QUIZLET

2. Match the two halves of the expressions.

- | | |
|-------------------------|--------------------|
| 1. World Health | A. health care |
| 2. member | B. assistance |
| 3. global | C. program |
| 4. international health | D. states |
| 5. technical | E. Organization |
| 6. vaccination | F. of smallpox |
| 7. eradication | G. recommendations |
| 8. to conduct | H. epidemic |
| 9. low-income | I. prevention |
| 10. access to | J. research |
| 11. disease | K. standards |
| 12. scientific | L. countries |

Do this exercise online:



WORDWALL

3. Choose the correct synonym

- 1) The **main goal** of the WHO is to improve global health.
a) major purpose b) simple rule c) medical result
- 2) WHO provides **technical assistance** to many countries.
a) financial aid b) practical support c) medical insurance
- 3) The organization helps to **coordinate actions** during epidemics.
a) delay decisions b) organize efforts c) prevent contact
- 4) WHO **conducts research** on new viruses and treatments.
a) stops testing b) supports hospitals c) carries out studies
- 5) The **eradication** of smallpox was a huge success.
a) treatment b) complete removal c) infection

- 6) The WHO develops **scientific recommendations** for public health.
 - a) random advice b) expert guidelines c) patient records
- 7) The organization created a **vaccination program** to fight disease.
 - a) drug policy b) immunization plan c) hospital rule
- 8) During COVID-19, WHO helped ensure **vaccine supply** to poor countries.
 - a) delivery of vaccines b) writing reports c) banning medicine
- 9) The WHO supported **healthcare workers** with resources and information.
 - a) hospital buildings b) medical staff c) government officials
- 10) It helps countries share experience and **facilitate exchange** of knowledge.
 - a) slow communication b) block data c) support sharing
- 11) The WHO sets **international health standards**.
 - a) global rules b) patient complaints c) medical jobs
- 12) Everyone should have **access to quality health care**.
 - a) permission to travel b) ability to receive good treatment c) choice of hospital color

Do this exercise online or play with the partner:



BAAMBOOZLE

READING

3.1. 4. Read and listen to the text.

The World Health Organization (WHO)

The World Health Organization (WHO), founded on April 7, 1948, is a specialized organization of the United Nations [**Error! Reference source not found.**]. Its primary goal is to achieve the greatest health level around the world. Nowadays, WHO comprises 194 member states.

The main functions of the WHO include monitoring the state of public health, developing international health standards, coordinating actions in cases of global epidemics, and providing technical assistance to countries. The WHO conducts research, publishes scientific recommendations, and creates vaccination and disease prevention programs.

One of the WHO's important achievements was the eradication of smallpox, a deadly viral infection. Thanks to global vaccination organized by the WHO, in 1980 it was officially declared a complete victory over the disease. The

organization also plays a key role in the fight against diseases such as tuberculosis, HIV/AIDS, malaria, and COVID-19.

During the coronavirus pandemic, WHO coordinated the global response to the threat, developed recommendations for governments, ensured the supply of vaccines to low-income countries, and supported healthcare workers with information and resources. The organization influences the formation of medical policy, the development of treatment and prevention protocols, and facilitates the exchange of experience between countries.

Thus, the WHO is a key player in the field of global health, actively working to ensure access to quality health care for all, regardless of place of residence or income level.

5. Answer the questions.

1. When was the World Health Organization (WHO) founded?
2. What is the main goal of the WHO?
3. How many member states are currently part of the WHO?
4. What are the main functions and responsibilities of the WHO?
5. How does the WHO contribute to international health standards and disease prevention?
6. What major achievement did the WHO accomplish in 1980, and how was it achieved?
7. Which major global diseases does the WHO play a key role in combating today?
8. What actions did the WHO take during the COVID-19 pandemic?
9. In what ways does the WHO influence global medical policies and healthcare protocols?
10. Why is the WHO considered a crucial player in ensuring global access to healthcare?

6. Choose the correct answer.

- | | |
|--|--|
| 1. When was the World Health Organization (WHO) founded? | A) To promote international tourism |
| A) June 26, 1945 | B) To develop economic policies |
| B) December 10, 1948 | C) To achieve the greatest health level around the world |
| C) April 7, 1948 | D) To manage military alliances |
| D) March 15, 1950 | |
| 2. What is the main goal of the WHO? | 3. How many member states does the WHO currently have? |
| | A) 150 |

- B) 194
- C) 123
- D) 205

4. Which organization is the WHO a part of?

- A) World Trade Organization
- B) International Red Cross
- C) United Nations
- D) NATO

5. What is NOT one of the main functions of the WHO?

- A) Monitoring public health
- B) Coordinating epidemic responses
- C) Regulating international banking
- D) Providing technical health assistance

6. Which disease was officially eradicated by the WHO in 1980?

- A) Polio
- B) HIV/AIDS
- C) Smallpox
- D) Malaria

7. How did the WHO help eradicate smallpox?

- A) Through strict quarantines
- B) By banning travel

- C) Through a global vaccination campaign
- D) By promoting herbal remedies

8. What role did the WHO play during the COVID-19 pandemic?

- A) It remained neutral and uninvolved
- B) It restricted international aid
- C) It coordinated the global response and supported vaccine distribution
- D) It focused only on economic recovery

9. Which of the following is a disease the WHO actively combats today?

- A) Influenza only
- B) Chickenpox
- C) Tuberculosis
- D) Common cold

10. Why is the WHO considered a key player in global health?

- A) It provides financial aid to businesses
- B) It ensures access to quality health care for all
- C) It builds hospitals in every country
- D) It develops sports programs

LISTENING

7. Watch the video “Who is funding the World Health Organization?” Fill in the blanks with the correct information from the text.



1. In 2024, the US contributed _____ euros to the WHO.
2. The _____ is the second-largest funder of the WHO.
3. Funding for polio eradication accounts for _____ percent of the total WHO funding.
4. The European Commission ranks _____ among WHO funders.
5. WHO’s Director General said the organization can _____ to the loss of US support.
6. Germany contributed about _____ million euros to the WHO.
7. Most contributions are tied to specific _____.

SPEAKING

8. Discuss the following questions.

1. Why is it important for countries and organizations to fund the WHO?
2. If you could give money to help with one health problem (like polio or emergencies), what would you choose? Why?
3. Do you think it is better for governments or rich people to give money to the WHO? Why?

UNIT 4. MODERN HOSPITALS

VOCABULARY

1. Learn the topical vocabulary.

1. modern hospital - сучасна лікарня
2. to evolve - розвиватися
3. traditional healthcare functions - традиційні функції охорони здоров'я
4. cutting-edge technologies - передові технології
5. treatment methods - методи лікування
6. medical sciences - медичні науки
7. specialty - спеціальність
8. patient conditions - умови для пацієнтів
9. medical care - медична допомога
10. diagnostics - діагностика
11. rehabilitation - реабілітація
12. medical institution - медичний заклад
13. to receive patients - приймати пацієнтів
14. illness - захворювання
15. medical operation - медична операція
16. emergency aid - невідкладна допомога
17. surgical intervention - хірургічне втручання
18. ailment - недуга
19. healthcare reform - медична реформа
20. to implement - впроваджувати
21. principle - принцип
22. funding - фінансування
23. competition - конкуренція
24. quality of services - якість послуг
25. range of technologies - спектр технологій
26. eHealth system - система електронної охорони здоров'я
27. prescription - рецепт
28. referral - направлення
29. health condition - стан здоров'я
30. risk of mistakes - ризик помилок
31. medical technology - медична технологія
32. drawback - недолік
33. budget deficiency - нестача бюджету
34. qualified staff - кваліфікований персонал
35. war - війна
36. military medicine - військова медицина

37. rehabilitation center - реабілітаційний центр
38. psychological assistance - психологічна допомога
39. mobile hospital - мобільна лікарня
40. medical infrastructure - медична інфраструктура
41. technical re-equipment - технічне переоснащення
42. decent work - гідна праця
43. medical staff - медичний персонал
44. access to care - доступ до медичної допомоги
45. citizen - громадянин

Practice the vocabulary online:



QUIZLET

2. Match the phrases with their correct definitions:

Phrase	Definition
1. cutting-edge technologies	A. A system that allows digital access to medical records and prescriptions
2. emergency aid	B. Highly advanced and innovative tools or methods
3. healthcare reform	C. Help provided immediately in critical health situations
4. rehabilitation center	D. An institution for recovery after illness, trauma, or surgery
5. funding	E. Official money given to support a project or institution
6. qualified staff	F. Medical workers with appropriate education and training
7. medical infrastructure	G. Hospitals, clinics, equipment, and systems used in healthcare
8. eHealth system	H. Changes in the healthcare system to improve its function
9. psychological assistance	I. Support to help patients manage mental and emotional stress
10. mobile hospital	J. A movable or temporary healthcare facility, often used in emergencies



Do this exercise online:

WORDWALL

3. Fill in the missing words.

ABC RUN “HOSPITALS”

A	B	C	D
Doctors must be ready to provide immediate _____ in case of medical emergencies.	Severe _____ may result in long-term skin damage and require special treatment.	Modern hospitals are equipped with _____-edge technologies to ensure effective care.	A proper _____ is essential before starting any treatment plan.
E	F	G	H
In life-threatening situations, doctors provide immediate _____ aid.	The new healthcare reform links hospital _____ to the number of treated patients.	The main _____ of a modern hospital is to provide high-quality care at all stages of treatment.	The development of an electronic _____ system helps reduce prescription errors.
I	J	K	L
The patient was taken to the emergency room with a serious leg _____ after the accident.	After surgery, patients often experience limited _____ mobility and require physical therapy.	Medical staff must have up-to-date _____ to provide effective patient care.	_____ therapy is widely used in dermatology and post-surgical recovery.
M	N	O	P
A _____ hospital can be deployed quickly in war zones or emergency areas.	A balanced diet rich in _____ helps the skin regenerate and boosts immunity.	After orthopedic surgeries, patients may need ongoing _____ support and care.	_____ assistance is vital for patients coping with trauma or disfigurement.
Q	R	S	T
One of the goals of modern medicine is to improve the _____ of care.	After surgery, _____ centres help patients regain strength and function.	Timely _____ intervention can save lives in emergency cases.	In hospitals, specialized rehabilitation _____ help patients regain mobility and

			strength after injury or surgery.
U	V	W	X
_____ therapy is a non-invasive method used in physical rehabilitation.	Modern rehabilitation may include _____ reality for patient training.	Proper _____ care is essential to avoid infections and support healing.	An _____ scan may be required to examine internal injuries.
Y	Z		
Healthcare reform must support both experienced and _____ specialists.	Micronutrients like selenium and _____ play a key role in skin recovery.		

Do this exercise online:



WORDWALL

READING

4.1.4. Read and listen to the text.

Modern Hospitals

Modern hospitals in Ukraine have evolved significantly over the past few decades, and today they perform not only traditional healthcare functions but also become important centers for incorporating cutting-edge technologies and treatment methods. Due to the development of medical sciences, new specialties are emerging, and conditions for patients are constantly being developed.

One of the primary functions of the modern hospital is providing medical care at different stages of the disease, from diagnostics to rehabilitation. Medical institutions must be able to receive patients with various illnesses, carry out complex medical operations, and provide emergency aid. In addition, they must ensure a high level of rehabilitation services after surgical interventions or severe ailments.

A key achievement of recent years has been the implementation of the healthcare reform, which operates on the principle that the more patients a medical institution has, the more funding it receives. This has contributed to increased competition between hospitals, improved the quality of services, and expanded the range of medical technologies. Furthermore, the creation of the

eHealth electronic healthcare system simplified the process of obtaining prescriptions and referrals and provided doctors with an overview of patients' health conditions, which reduced the risk of mistakes.

Despite the breakthroughs in the development of medical technologies, there are several drawbacks that are still difficult to remove. A lot of hospitals, especially in the countryside, face the deficiency in the budget which leads to a lack of qualified staff. Moreover, the war in the country has become a catalyst for changes in the healthcare system. The need for military medicine, rehabilitation centers, psychological assistance, and mobile hospitals has increased. In response to these challenges, the government and charitable organizations continue to invest in the development of medical infrastructure.

Thus, hospitals in Ukraine face a lot of changes and modernizations nowadays. Further alterations should be aimed not only at technical re-equipment, but also at creating conditions for decent work for medical staff and true access to quality medical care for every citizen.

5. Answer the questions.

1. What additional role, besides traditional healthcare, do modern hospitals in Ukraine now play?
2. How has the development of medical sciences influenced hospitals in Ukraine?
3. What are the main stages of medical care provided by a modern hospital?
4. What is the principle behind the new healthcare reform mentioned in the text?
5. How has the reform affected the quality of hospital services?
6. What benefits does the eHealth system provide to both patients and doctors?
7. What are two major challenges rural hospitals in Ukraine face today?
8. How has the war in Ukraine influenced the country's healthcare system?
9. Who is currently investing in the development of medical infrastructure in Ukraine?
10. According to the text, what should be the focus of future changes in the Ukrainian healthcare system?
11. Do you think the principle "the more patients – the more funding" is effective for improving healthcare quality? Why or why not?
12. In your opinion, what is more important for the future of Ukrainian hospitals: investing in technology or improving working conditions for medical staff? Explain your choice.

6. Choose the correct answer.

- | | |
|--|--|
| 1. What is one of the main functions of modern hospitals in Ukraine? | A. Providing only emergency medical care |
|--|--|

- B. Offering comprehensive care from diagnosis to rehabilitation
- C. Focusing exclusively on surgical procedures
- D. Managing administrative tasks only

2. How does the new healthcare reform funding model work in Ukraine?

- A. Fixed budget regardless of patient numbers
- B. Based on hospital size only
- C. More patients leads to more funding
- D. Funding based on staff qualifications

3. What significant technological advancement has improved healthcare administration in Ukraine?

- A. Paper-based record keeping
- B. Mobile health apps
- C. The eHealth electronic system
- D. Traditional filing systems

4. Which challenge do rural hospitals in Ukraine primarily face?

- A. Excess medical staff
- B. Budget deficiency and staff shortages
- C. Too many patients
- D. Oversupply of equipment

5. How has the war affected Ukraine's healthcare system?

- A. Decreased need for medical services
- B. Increased demand for military medicine and rehabilitation centers

- C. Reduced hospital operations
- D. Elimination of psychological services

6. What is a key outcome of competition between hospitals under the new reform?

- A. Reduced medical services
- B. Lower quality standards
- C. Improved quality of services
- D. Decreased patient numbers

7. What role do charitable organizations play in Ukrainian healthcare?

- A. They invest in medical infrastructure development
- B. They replace government funding entirely
- C. They only provide emergency services
- D. They focus solely on medical education

8. How has the eHealth system benefited doctors?

- A. Increased paperwork
- B. Reduced access to patient information
- C. Provided comprehensive overview of patient health conditions
- D. Limited prescription capabilities

9. What is identified as a necessary focus for future healthcare development?

- A. Only technical improvements
- B. Reducing medical staff
- C. Creating better working conditions for medical staff

D. Limiting access to medical care

10. What has contributed to the emergence of new medical specialties in Ukrainian hospitals?

A. Reduction in funding

B. Development of medical sciences

C. Decreased patient needs

D. Administrative requirements

LISTENING

7. Watch the video “One of the Biggest Hospitals in the World”.



Find English equivalents for:

- технологічно передовий
- установа / заклад / об'єкт
- життєво важливий
- надзвичайна ситуація
- згинати
- вимога
- персоналізована технологія
- інтегрована функціональність телемедицини
- віддалений
- інтервенційні процедури

8. Complete the sentences.

1. Paramedics used a _____ device to restart the patient's heart.
2. _____ hospitals can diagnose diseases faster and more accurately.
3. Modern robots used in surgery can _____ to reach difficult areas of the body.
4. Many patients in rural areas now receive care through _____ consultations.
5. The new medical _____ in our city offers free check-ups and vaccinations.
6. The new hospital system has _____, allowing doctors to treat patients online.
7. The clinic is always ready to respond to any _____ situation.
8. There is a growing _____ for digital health services after the pandemic.
9. _____ helps doctors create treatment plans based on a patient's unique needs.

10. _____ like angioplasty can treat blocked arteries without open surgery.

SPEAKING

9. Discuss the following questions.

1. Would you like to visit a hospital with robots and new machines? Why or why not?
2. What is the most important thing in a hospital: doctors, equipment, or comfort? Why?
3. If you could add one new thing to a hospital, what would it be?

UNIT 5. EMERGENCY MEDICINE

VOCABULARY

1. Learn the topical vocabulary.

1. emergency medicine - невідкладна медицина
2. constituent - складова частина
3. healthcare system - система охорони здоров'я
4. prompt assistance - негайна допомога
5. critical condition - критичний стан
6. to stabilize - стабілізувати
7. vital functions - життєво важливі функції
8. first aid - перша допомога
9. health complication - ускладнення здоров'я
10. specialized treatment - спеціалізоване лікування
11. foundation - основа
12. rehabilitation specialist - фахівець з реабілітації
13. clinical practice - клінічна практика
14. to assess - оцінювати
15. to recognize - розпізнавати
16. threatening symptom - загрозливий симптом
17. life-saving measures - життєво важливі заходи
18. emergency medical team - бригада екстреної медичної допомоги
19. state of consciousness - стан свідомості
20. breathing - дихання
21. blood circulation - кровообіг
22. external bleeding - зовнішня кровотеча
23. to stop bleeding - зупинити кровотечу
24. immobilization - іммобілізація
25. injury - травма
26. artificial lung ventilation - штучна вентиляція легень
27. cardiopulmonary resuscitation (CPR) - серцево-легенева реанімація
28. algorithm - алгоритм
29. myocardial infarction - інфаркт міокарда
30. stroke - інсульт
31. anaphylactic shock - анафілактичний шок
32. epileptic seizure - епілептичний напад
33. to undergo rehabilitation - проходити реабілітацію
34. surgery - хірургічне втручання
35. to be vulnerable to - бути вразливим до
36. anatomy - анатомія

37. physiology - фізіологія
38. professional responsibility - професійна відповідальність
39. patient care - догляд за пацієнтом
40. to incorporate - впроваджувати
41. training - навчання
42. to broaden - розширювати
43. clinical state - клінічний стан
44. safety and support - безпека та підтримка

Practice the vocabulary online:



QUIZLET

2. Fill in the gaps with these words and phrases.

Word Bank:

anaphylactic shock
artificial lung
ventilation
blood circulation
emergencies

emergency medical
team
Emergency medicine
external bleeding
first aid

immobilization
patient care
stabilize
stroke

1. _____ is a branch of medicine that provides urgent care when every second matters.
2. The main task of emergency medicine is to _____ vital bodily functions.
3. In case of an accident, a person must receive _____ before doctors arrive.
4. One of the first steps is to check the patient's breathing and _____.
5. If there is heavy _____, it must be stopped immediately to save life.
6. _____ is used to prevent further movement after a fracture or trauma.
7. During a _____, a person loses normal blood flow to the brain.
8. An _____ is a severe allergic reaction that can be life-threatening.
9. Rehabilitation specialists must be ready to act in _____ to protect the patient.
10. Learning CPR and _____ should be part of every medical student's training.
11. In critical cases, an _____ must arrive quickly to take the patient to hospital.
12. Good emergency training helps ensure high-quality _____ and better outcomes.

Do this exercise online:



WORDWALL

3. Match the halves of the phrases.

A

1. first
2. vital
3. emergency
4. artificial lung
5. cardiopulmonary
6. state of
7. external
8. emergency medical
9. life-saving
10. professional
11. anaphylactic
12. epileptic

B

- A. bleeding
- B. team
- C. aid
- D. responsibility
- E. medicine
- F. functions
- G. resuscitation
- H. consciousness
- I. measures
- J. ventilation
- K. seizure
- L. shock

Do this exercise online:



WORDWALL

READING

5.1.4. Read and listen to the text.

Emergency medicine

Emergency medicine is an extremely important constituent of the modern healthcare system, as it provides prompt assistance to patients in critical conditions, when every second counts. It aims at stabilizing vitally important bodily functions, providing first aid, and preventing future health complications before specialized treatment.

Understanding the foundations of emergency medicine is crucial in the education of rehabilitation specialists. In clinical practice, they can deal with situations when it is necessary to quickly assess the patient's condition, recognize threatening symptoms, and take initial life-saving measures before the arrival of an emergency medical team.

The main elements of emergency medicine include: assessing the patient's state of consciousness, breathing and blood circulation, stopping external bleeding, immobilization in case of injuries, artificial lung ventilation, cardiopulmonary resuscitation, as well as knowledge of algorithms for dealing with emergencies such as myocardial infarction, stroke, anaphylactic shock or epileptic seizure.

Besides, a lot of patients who are undergoing rehabilitation after serious injuries, strokes, or surgery are vulnerable to complications. In such a case, the rehabilitation specialist must have knowledge of anatomy and physiology and be ready to act in emergencies. Such skills are part of professional responsibility and contribute to the quality of patient care.

Thus, incorporation of emergency medicine knowledge into the training of rehabilitologists not only broadens their professional minds but also allows them to provide safety and support to patients in difficult clinical states more efficiently.

5. Answer the questions.

1. Why is emergency medicine considered crucial in the modern healthcare system?
2. What are the main goals of emergency medicine?
3. What can happen if emergency medical assistance is not provided on time?
4. What kind of situations might rehabilitation specialists face in clinical practice that require emergency skills?
5. What are some examples of emergencies listed in the text that require immediate response?
6. How does emergency medicine contribute to the quality of patient care during rehabilitation?
7. What vital signs should be assessed in emergency situations according to the text?
8. Why is it important for a rehabilitation specialist to have knowledge of anatomy and physiology?
9. What specific emergency procedures are mentioned as essential skills?
10. What role does the rehabilitation specialist play before the emergency medical team arrives?
11. Why are patients undergoing rehabilitation considered vulnerable?
12. How does training in emergency medicine broaden the professional mindset of rehabilitologists?

6. Choose the correct answer.

1. What is the primary goal of emergency medicine in the healthcare system?
 - A. Providing long-term patient care
 - B. Conducting medical research
 - C. Stabilizing vital functions and providing immediate assistance
 - D. Developing treatment plans
2. Why is emergency medicine knowledge important for rehabilitation specialists?
 - A. To replace emergency medical teams
 - B. To assess and respond to critical situations before emergency teams arrive
 - C. To prescribe emergency medications
 - D. To perform complex surgical procedures
3. Which of the following is NOT one of the main elements of emergency medicine mentioned in the text?
 - A. Assessing consciousness
 - B. Administering chemotherapy
 - C. Stopping external bleeding
 - D. Cardiopulmonary resuscitation
4. What makes rehabilitation patients particularly vulnerable according to the text?
 - A. Their age
 - B. Their medical insurance status
 - C. Their post-treatment condition from injuries, strokes, or surgery
 - D. Their socioeconomic status
5. Which skills are described as part of a rehabilitation specialist's professional responsibility?
 - A. Marketing and business management
 - B. Emergency response and patient safety
 - C. Hospital administration
 - D. Medical research
6. What type of knowledge is essential for rehabilitation specialists to handle complications?
 - A. Psychology and counseling
 - B. Hospital policies
 - C. Medical billing
 - D. Anatomy and physiology
7. Which emergency condition is NOT mentioned as requiring specific response algorithms?
 - A. Myocardial infarction
 - B. Pneumonia
 - C. Anaphylactic shock
 - D. Epileptic seizure
8. What aspect of patient assessment is emphasized in emergency medicine?
 - A. Patient's medical history
 - B. Insurance coverage
 - C. Vital signs and consciousness
 - D. Family background
9. How does emergency medicine knowledge contribute to rehabilitation specialists' practice?
 - A. It increases their salary
 - B. It improves administrative skills

- C. It enhances patient care quality and safety
- D. It reduces paperwork

- A. Every second counts
- B. Weekly scheduling
- C. Monthly planning
- D. Annual assessment

10. What is emphasized about the timing of emergency medical response?

LISTENING

7. Watch the video “A Day in the Life of an Emergency Medicine Doctor”. Mark the sentences True or False. Correct the false ones.



1. The doctor begins the day by relaxing and having coffee with the team.
2. Triage involves deciding which patients need immediate help.
3. The emergency room is usually quiet and calm.
4. The doctor deals only with life-threatening cases and nothing else.
5. Giving emotional support is an important part of the doctor's job.
6. The doctor sometimes helps patients by holding their hand or comforting them.
7. The doctor never sees patients get better during the day.
8. The doctor works alone and doesn't mention other team members.
9. Helping others and making a difference is the reason the doctor chose this job.
10. The doctor ends the day by reflecting on what happened.

SPEAKING

8. Discuss the following questions.

1. Have you or someone you know ever been to the emergency room? What happened?
2. Why is it important to help people quickly in an emergency?
3. Would you like to work in emergency medicine? Why or why not?

UNIT 6. REHABILITATION FOUNDATIONS

VOCABULARY

1. Learn the topical vocabulary.

1. rehabilitation - реабілітація
2. foundation - основа
3. healthcare system - система охорони здоров'я
4. to restore - відновлювати
5. functional capabilities - функціональні можливості
6. illness - захворювання
7. injury - травма
8. surgery - хірургічне втручання
9. objective - мета
10. physical condition - фізичний стан
11. psychological adaptation - психологічна адаптація
12. social integration - соціальна інтеграція
13. independence - самостійність
14. comprehensive approach - комплексний підхід
15. interdisciplinary approach - міждисциплінарний підхід
16. physical therapist - фізичний терапевт
17. occupational therapist - ерготерапевт
18. speech therapist - логопед
19. psychologist - психолог
20. social worker - соціальний працівник
21. cooperation - співпраця
22. sustainable results - стійкі результати
23. individual needs - індивідуальні потреби
24. assessment - оцінювання
25. functional status - функціональний стан
26. standardized methods - стандартизовані методи
27. limitation - обмеження
28. recovery plan - план відновлення
29. rehabilitation stage - етап реабілітації
30. acute - гострий (етап)
31. subacute - підгострий (етап)
32. chronic - хронічний (етап)
33. maintenance - підтримувальний (етап)
34. passive mobilization - пасивна мобілізація
35. physiotherapy - фізіотерапія
36. massage - масаж

37. hydrotherapy - гідротерапія
38. mechanotherapy - механотерапія
39. patient motivation - мотивація пацієнта
40. responsible attitude - відповідальне ставлення
41. active participation - активна участь
42. prerequisite - передумова
43. in-depth knowledge - глибокі знання
44. empathy - емпатія
45. continuous improvement - постійне вдосконалення

Practice the vocabulary online:



QUIZLET

2. Match the term with its definition.

Term	Definition
1. rehabilitation	A. A method that uses water in therapy to support recovery
2. interdisciplinary approach	B. The process of helping a person regain physical, mental, or social function
3. functional capabilities	C. A structured plan aimed at restoring health and function
4. speech therapist	D. A specialist who works with patients to improve communication
5. hydrotherapy	E. The potential or ability to perform daily physical activities
6. recovery plan	F. A method involving professionals from various medical fields
7. assessment	G. A therapy involving structured physical movements to relieve or recover
8. passive mobilization	H. A health professional who helps people regain skills for daily living
9. occupational therapist	I. The careful evaluation of a patient's condition and limitations
10. patient motivation	J. The desire and active willingness of a person to participate in recovery
11. empathy	K. The ability to understand and share another person's feelings

Term	Definition
12. social integration	L. The process of returning a person to full participation in society

Do this exercise online:



WORDWALL

3. Replace the synonym with the correct term from the list.

Word Bank:

assessment	hydrotherapy	patient motivation
empathy	interdisciplinary	recovery plan
functional capabilities	approach	social integration
	occupational therapist	speech therapist

- 1) The patient showed great **willingness to improve** after surgery.
- 2) A good recovery depends on a well-structured **healing plan**.
- 3) Specialists used **water therapy** to improve joint mobility.
- 4) The nurse conducted a full **evaluation** of the patient's functional state.
- 5) The doctor explained that the goal is to regain **physical abilities** lost after trauma.
- 6) The patient worked with a **communication specialist** to improve speech after a stroke.
- 7) Recovery is more effective when it involves a/an **teamwork of different professionals**.
- 8) He needed help from an **independence and daily-skills therapist**.
- 9) Full **return to society** is one of the main goals of rehabilitation.
- 10) True professionals must always show **understanding and emotional connection** with patients.

Do this exercise online:



WORDWALL

4. Spelling test. Do the exercise and check the spelling of words and phrases.



WORDWALL

READING

6.1.5. Read and listen to the text.

Rehabilitation foundations

Rehabilitation is an integral part of the healthcare system aimed at restoring a person's functional capabilities after illness, injury, or surgery. The main objective of rehabilitation is not only to improve the patient's physical condition, but also to ensure their psychological adaptation, social integration, and return to the highest possible level of independence.

Modern rehabilitation is based on a comprehensive, interdisciplinary approach that includes the work of doctors, physical therapists, occupational therapists, psychologists, speech therapists, and social workers. Such cooperation allows us to achieve more sustainable results, adapted to the individual needs of patients.

An important part of the rehabilitation process is the assessment of the patient's functional status using standardized methods that allow us to objectively measure the level of limitations and build an effective recovery plan. Rehabilitation includes several stages: acute, subacute, chronic, and maintenance. Different techniques are used at each stage, for example, passive mobilization, physiotherapy, massage, hydrotherapy, mechanotherapy, etc.

Particular attention is paid to patient motivation and the formation of a responsible attitude towards their health. Active participation of the patient in the recovery process is one of the prerequisites for successful rehabilitation.

In conclusion, rehabilitation is not just a set of physical exercises or procedures, but a complex process that requires in-depth knowledge, empathy, and continuous improvement.

6. Answer the questions.

1. What is the primary aim of rehabilitation within the healthcare system?
2. How does rehabilitation contribute to a patient's psychological and social well-being?
3. Why is independence considered an important goal of rehabilitation?
4. What kind of approach does modern rehabilitation rely on, and who are its key participants?
5. How does the interdisciplinary approach benefit the rehabilitation process?
6. Why is the assessment of a patient's functional status considered essential in rehabilitation?
7. What role do standardized methods play in the assessment process?
8. What are the four main stages of the rehabilitation process, and how do they differ?

9. Which techniques are typically used during the rehabilitation process, and at which stages might they be applied?
10. How does patient motivation influence the success of rehabilitation?
11. Why is the patient's active participation crucial in achieving effective rehabilitation outcomes?
12. In what ways does rehabilitation extend beyond physical exercises and medical procedures?

7. Choose the correct answer.

- | | |
|---|--|
| <p>1. What is the primary goal of rehabilitation in healthcare?</p> <ol style="list-style-type: none"> a. To provide temporary pain relief b. To restore functional capabilities and ensure psychological adaptation c. To prescribe medication only d. To focus solely on physical exercises | <p>methods</p> <p>d. Informal patient interviews</p> |
| <p>2. Modern rehabilitation is characterized by which approach?</p> <ol style="list-style-type: none"> a. Single specialist treatment b. Focus on medication only c. Interdisciplinary collaboration d. Exclusive physical therapy | <p>5. How many main stages does the rehabilitation process include?</p> <ol style="list-style-type: none"> a. Two stages b. Three stages c. Four stages d. Five stages |
| <p>3. Which professionals are NOT typically part of the interdisciplinary rehabilitation team?</p> <ol style="list-style-type: none"> a. Physical therapists b. Occupational therapists c. Pharmacists d. Speech therapists | <p>6. Which factor is considered a prerequisite for successful rehabilitation?</p> <ol style="list-style-type: none"> a. Expensive equipment b. Active patient participation c. Lengthy treatment duration d. Multiple medications |
| <p>4. What is an essential component of the rehabilitation assessment process?</p> <ol style="list-style-type: none"> a. Random evaluation methods b. Subjective observations only c. Standardized assessment | <p>7. What is the correct description of rehabilitation?</p> <ol style="list-style-type: none"> a. A simple set of exercises b. A medication-based treatment c. A complex process requiring knowledge and empathy d. A short-term intervention |
| | <p>8. What aspect of patient care does rehabilitation address beyond physical condition?</p> <ol style="list-style-type: none"> a. Financial planning b. Career counseling c. Social integration d. Housing arrangements |

9. When should functional status assessment occur in rehabilitation?

- a. Only at discharge
- b. Throughout the rehabilitation process
- c. Only at admission
- d. When complications arise

10. What is the role of hydrotherapy in rehabilitation?

- a. It is the only treatment method used
- b. It is never used in rehabilitation
- c. It is one of several therapeutic techniques
- d. It replaces all other therapies

LISTENING

8. Watch the video “What is a Physical Medicine and Rehabilitation”. Complete the summary of the text using vocabulary from the video. First letters are given to ease your work.



Dr. Carrie Marr is a **p**_____ at Brooks Rehabilitation. She explains that PM&R stands for Physical Medicine and Rehabilitation. These doctors **d**_____ **w**_____ people who have disabilities and focus on improving their **q**_____ **o**_____ **l**_____. They are also called physicians of function because they help patients improve how their body works after injury or illness.

Training for a physiatrist includes many years of study, and some choose extra training in areas like **s**_____ **c**_____ **i**_____ or **p**_____ **r**_____. Physiatrists treat patients with **c**_____ conditions, **s**_____ **i**_____, or serious injuries like brain or spinal cord damage. They often **i**_____ with primary care doctors to help with **r**_____. They may also help patients learn to walk again or use a **p**_____, so they can return home and live more independently.

SPEAKING

9. Discuss the following questions.

- 1. What kind of people need rehabilitation?
- 2. What do doctors, nurses, or therapists do to help in rehabilitation?
- 3. Why is exercise important in rehabilitation?

UNIT 7. PHYSIOTHERAPY AND RELATED PROFESSIONS

VOCABULARY

1. Learn the topical vocabulary.

1. physical therapy - лікувальна фізкультура / фізична терапія
2. to maintain - підтримувати
3. natural and physical factors - природні та фізичні фактори
4. heat - тепло
5. electrical stimulation - електростимуляція
6. musculoskeletal injuries - опорно-рухові травми
7. postoperative conditions - післяопераційні стани
8. massage therapist - масажист
9. sports doctor - лікар спортивної медицини
10. coach - тренер
11. physical intervention - фізичне втручання
12. fine motor skills - дрібна моторика
13. living conditions - умови життя
14. qualified physical therapist - кваліфікований фізичний терапевт
15. technical knowledge - технічні знання
16. interpersonal skills - міжособистісні навички
17. continuous professional development - безперервний професійний розвиток
18. physical endurance - фізична витривалість
19. analytical thinking - аналітичне мислення
20. multidisciplinary care - мультидисциплінарна допомога
21. comprehensive recovery - комплексне відновлення

Practice the vocabulary online:



QUIZLET

2. Choose the correct answers.

1) A therapist who helps athletes recover from injuries and return to sport is called a:

- A) psychologist
- B) massage therapist
- C) sports doctor

2) Devices such as ultrasound and _____ are commonly used in physiotherapy.

- A) electrical stimulation
- B) blood transfusion
- C) oxygen therapy

3) A person who creates fitness plans and leads training is a:

- A) coach
- B) nurse
- C) technician

4) One of the therapist's tasks is to help patients develop their:

- A) speech fluency
- B) fine motor skills
- C) food tolerance

5) People recovering from surgery are often treated for:

- A) viral infections
- B) postoperative conditions
- C) allergic reactions

6) To work effectively with patients, a therapist needs strong:

- A) cooking skills
- B) interpersonal skills
- C) drawing skills

7) The ability to complete a rehabilitation session without getting tired shows:

Do this exercise online:



WORDWALL

A) creativity

B) kindness

C) physical endurance

8) A therapist with the necessary license and experience is a:

- A) school volunteer
- B) qualified physical therapist
- C) fitness model

9) A plan that includes various health professionals working together is part of:

- A) economic care
- B) multidisciplinary care
- C) robotic care

10) Studying new techniques and updating skills throughout your career is called:

- A) lifelong dreaming
- B) continuous professional development
- C) academic vacation

3. Put the words and expressions into the correct category.

anaphylactic shock
artificial lung ventilation
cardiopulmonary resuscitation
epileptic seizure
first aid
hydrotherapy
illness
injury
massage therapist

myocardial infarction
occupational therapist
passive mobilization
physical intervention
physical therapist
psychologist
rehabilitation specialist
sports doctor
stroke

Medical Professionals	Conditions and Disorders	Procedures and Interventions

Do this exercise online:



WORDWALL

READING

7.1.4. Read and listen to the text.

Physiotherapy and related professions

Physiotherapy is one of the key aspects of medical rehabilitation, focusing on restoring, maintaining, and improving physical functions of the body using natural and physical factors such as movement, heat, electrical stimulation, ultrasound, and other methods. It is an integral part of the treatment process for musculoskeletal injuries, neurological diseases, postoperative conditions, and chronic pain.

Physical therapy is closely connected with many other professions, including rehabilitation doctors, occupational therapists, massage therapists, sports doctors, and psychologists. For example, a rehabilitation doctor sets the overall recovery plan, while a physical therapist directly implements physical interventions. An occupational therapist helps the patient return to everyday life by working on fine motor skills and adaptation to new living conditions. In the case of athletes, the physiotherapist works with sports doctors and coaches to ensure a quick and safe return to competition.

According to the World Confederation for Physical Therapy (WCPT), there are over 600,000 qualified physical therapists worldwide.

In physiotherapy practice, it is important not only to have technical knowledge, but also to understand the patient's psychological condition, have interpersonal skills, and be prepared for continuous professional development. This profession requires a high level of empathy, physical endurance, and analytical thinking.

To conclude, physiotherapy is not an isolated profession, but part of a broad system of multidisciplinary care that ensures effective and comprehensive patient recovery at all stages of rehabilitation.

5. Answer the questions.

1. What is the main focus of physiotherapy in the context of medical rehabilitation?
2. Which natural and physical factors are commonly used in physiotherapy to treat patients?
3. In which medical conditions is physiotherapy considered an essential part of the treatment process?
4. How does a rehabilitation doctor contribute to the physiotherapy process?
5. What specific role does a physical therapist play in a patient's recovery?
6. How does an occupational therapist support the rehabilitation process?
7. What is the role of physiotherapists in the recovery of athletes, and with whom do they cooperate?
8. What does the World Confederation for Physical Therapy (WCPT) report about the global number of qualified physical therapists?
9. Why is understanding a patient's psychological condition important for a physiotherapist?
10. What personal qualities and skills are necessary for a successful career in physiotherapy?
11. Why is continuous professional development important for physiotherapists?
12. How does physiotherapy function within the broader system of multidisciplinary medical care?

6. Choose the correct answer.

- | | |
|--|--|
| 1. What is one of the primary goals of physiotherapy in medical rehabilitation? | doctors |
| a. Prescribing medication for pain management | c. Only massage therapists |
| b. Performing surgical procedures | d. Pharmacists and radiologists |
| c. Restoring and maintaining physical functions using natural factors | |
| d. Conducting laboratory tests | |
| 2. Which professionals typically work alongside physiotherapists in a rehabilitation team? | 3. According to the World Confederation for Physical Therapy (WCPT), how many qualified physical therapists are there worldwide? |
| a. Accountants and administrators | a. Less than 100,000 |
| b. Rehabilitation doctors, occupational therapists, and sports | b. Around 300,000 |
| | c. Over 600,000 |
| | d. Over 1 million |
| | 4. What role does an occupational therapist play in the rehabilitation process? |

- a. Prescribing medications
- b. Performing surgical procedures
- c. Managing hospital administration
- d. Helping patients adapt to daily living activities

5. In sports rehabilitation, physiotherapists must coordinate with:

- a. Sports doctors and coaches
- b. Hospital administrators
- c. Laboratory technicians
- d. Emergency room staff

6. Which personal quality is NOT mentioned as essential for physiotherapists?

- a. Empathy
- b. Physical endurance
- c. Musical ability
- d. Analytical thinking

7. How is physiotherapy best characterized in the context of patient care?

- a. An isolated medical specialty
- b. A temporary solution for pain

- c. Part of a multidisciplinary care system
- d. A alternative to conventional medicine

8. Which treatment method is NOT mentioned as a physiotherapy intervention?

- a. Movement therapy
- b. Ultrasound treatment
- c. Surgical procedures
- d. Electrical stimulation

9. What skill is important for physiotherapists beyond technical knowledge?

- a. Marketing abilities
- b. Interpersonal skills
- c. Computer programming
- d. Financial management

10. What aspect of patient care do physiotherapists need to consider alongside physical symptoms?

- a. Patient's financial status
- b. Patient's political views
- c. Patient's psychological condition
- d. Patient's educational background

LISTENING

7. Watch the video “What are different specialties in Physical Therapy”. Complete the sentences.

1. The _____ specialty uses electrical signals to test and treat nerve and muscle problems.

2. _____ physical therapists treat injuries and disorders of bones, muscles, and joints, often after fractures or surgeries.

3. _____ physical therapy helps children with developmental delays, injuries, or conditions they are born with.

4. A _____ specialist works with patients who have different kinds of wounds, helping the skin heal and stay healthy.



5. _____ physical therapy is focused on older adults, treating age-related problems and improving their mobility and independence.
6. _____ physical therapy works with athletes to prevent injuries, improve performance, and recover after sports-related problems.
7. The _____ branch helps patients with problems of the brain, spinal cord, and nerves, such as stroke or multiple sclerosis.
8. The _____ branch of physical therapy deals with the physical and emotional health of women, including conditions like pregnancy and pelvic pain.
9. _____ physical therapy helps patients improve their breathing and heart function through monitored exercise and special breathing techniques.
10. _____ physical therapy focuses on supporting people with cancer or other chronic illnesses like HIV in their rehabilitation process.

SPEAKING

8. Discuss the following questions.

1. What do you think is the most important skill for a physiotherapist to have? Why?
2. What parts of the body do physiotherapists usually work with?
3. Do you think physiotherapy is only for older people? Why or why not?

UNIT 8. AT THE PHYSIOTHERAPIST'S

VOCABULARY

1. Learn the topical vocabulary.

1. visit to a physiotherapist - візит до фізіотерапевта
2. stage of recovery - етап відновлення
3. psychosomatic conditions - психосоматичні стани
4. to reduce pain - зменшувати біль
5. quality of life - якість життя
6. without the use of medications - без використання ліків
7. physiotherapy cabinet - кабінет фізіотерапії
8. to enhance - покращувати / підсилювати
9. cold - холод
10. electrical impulses - електричні імпульси
11. magnetic fields - магнітні поля
12. therapeutic exercises - лікувальні вправи
13. referral - направлення
14. general practitioner - лікар загальної практики
15. orthopedist - ортопед
16. neurologist - невролог
17. posture - постава
18. joint mobility - рухливість суглобів
19. muscle strength - м'язова сила
20. coordination - координація
21. neurological parameters - неврологічні показники
22. individual rehabilitation program - індивідуальна програма реабілітації
23. therapeutic gymnastics - лікувальна гімнастика
24. manual therapy - мануальна терапія
25. electrotherapy - електротерапія
26. magnetic therapy - магнітотерапія
27. laser therapy - лазеротерапія
28. thermotherapy - термотерапія
29. duration of one session - тривалість одного сеансу
30. course of treatment - курс лікування
31. diagnosis - діагноз
32. positive aspects - позитивні аспекти
33. minimal side effects - мінімальні побічні ефекти
34. public institutions - державні заклади
35. queues - черги

36. private clinics - приватні клініки
37. price of services - вартість послуг
38. average Ukrainian - середньостатистичний українець
39. emotional recovery - емоційне відновлення

Practice the vocabulary online:



QUIZLET

2. Fill in the gaps with the phrases from the list.

course of treatment	orthopedist	stage of recovery
emotional recovery	psychosomatic	therapeutic exercises
general practitioner	conditions	visit to a
joint mobility	public institutions	physiotherapist
manual therapy	referral	

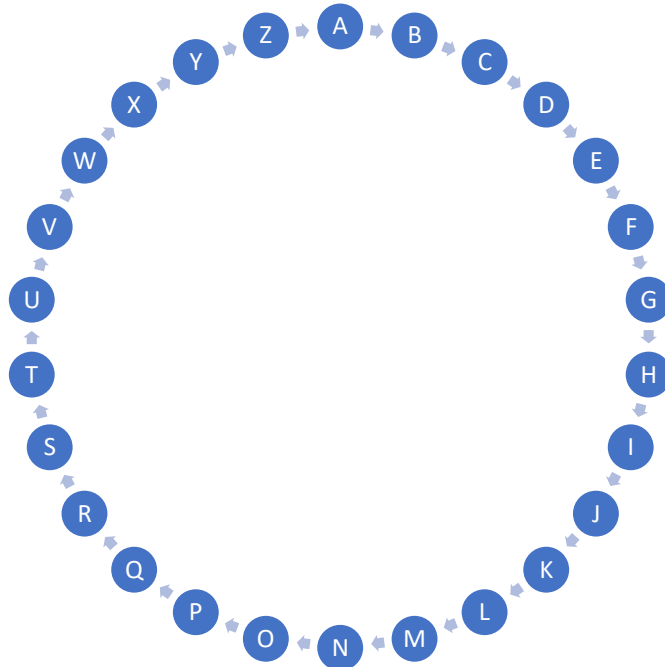
1. After the surgery, her doctor recommended a _____ to help with rehabilitation.
2. The first step before starting physiotherapy is usually getting a _____ from a doctor.
3. During the first session, the specialist carefully assessed her posture and _____.
4. Stress and anxiety can sometimes lead to _____ that affect the musculoskeletal system.
5. A _____ is often divided into several sessions over a few weeks.
6. To avoid long waiting times in _____, many patients choose private clinics.
7. A family doctor or _____ can decide if a patient needs physiotherapy.
8. After a fracture, a patient may see an _____ for a detailed diagnosis and further treatment plan.
9. Simple _____ like stretching and balance training are often part of the rehabilitation program.
10. _____ helps release muscle tension through special hand techniques.
11. Each _____ is important, from the acute phase to the maintenance phase, to ensure full recovery.
12. Physiotherapy is not only about physical improvement but also supports the patient's _____.

Do this exercise online:



WORDWALL

3. Guess the word from the definition.



- A. Process of adjusting to new physical or social conditions
- B. Injuries to the skin or deeper tissues caused by heat, chemicals, electricity, or radiation.
- C. Ability of muscles and senses to work together smoothly
- D. Identification of a disease or condition by a doctor
- E. Ability to understand and share another person's feelings
- F. Relating to the way something works or performs its intended purpose, especially the normal activities of the body or its parts
- G. A doctor who provides basic medical care and treats a wide range of common illnesses, often referring patients to specialists if needed
- H. Use of water as a treatment method to improve health
- I. Restriction of movement to protect an injured body part
- J. A place where two or more bones meet, allowing movement and providing support to the skeleton
- K. The scientific study of human body movement, including muscles, joints, and coordination
- L. Treatment using focused light to stimulate healing
- M. Hands-on techniques to relieve pain and improve function
- N. Doctor who specializes in treating nerve system disorders
- O. Specialist helping patients regain daily life skills

- P. The position in which someone holds their body while standing, sitting, or lying down
- Q. A line or sequence of people, vehicles, or items waiting their turn to be attended to or processed
- R. Official recommendation to visit a specialist or clinic
- S. The ability to express thoughts, feelings, or ideas using spoken words; the act or process of talking
- T. A treatment method that uses heat to relieve pain, improve circulation, and promote healing in tissues
- U. High-frequency sound waves used for therapy or diagnosis
- V. The process of administering a vaccine to stimulate the immune system to protect against a specific infectious disease
- W. The practice of cleaning, protecting, and treating injuries to the skin or underlying tissues to promote healing and prevent infection
- X. A form of electromagnetic radiation used to create images of the inside of the body, especially bones and certain tissues, for medical diagnosis
- Y. *A practice combining physical postures, breathing exercises, and meditation aimed at improving physical strength, flexibility, mental relaxation, and overall well-being, often used as a supportive method in rehabilitation
- Z. An essential mineral that supports wound healing, tissue repair, and immune function, playing a vital role in the rehabilitation process

Do this exercise online:



WORDWALL

READING

8.1.4. Read and listen to the text.

At the physiotherapist's

A visit to a physiotherapist in Ukraine is becoming an increasingly common stage of recovery after injuries, surgeries, or in the treatment of chronic diseases of the musculoskeletal system, neurological disorders, and even some psychosomatic conditions. Physiotherapy is a branch of medicine that aims to restore body functions, reduce pain, and improve quality of life without the use of medications or surgery. A physiotherapy cabinet is a space where patients undergo procedures designed to restore or enhance the body's functional state using natural and physical factors, such as heat, cold, electrical impulses, ultrasound, magnetic fields, or therapeutic exercises.

The process typically begins with a referral from a physician, such as a general practitioner, orthopedist, or neurologist. The first visit includes a

thorough examination: the physiotherapist assesses posture, joint mobility, muscle strength, coordination, and neurological parameters. On the basis of this, an individual rehabilitation program is formed that takes into account the patient's needs and the stage of their recovery.

Physiotherapy rooms in Ukraine use a variety of methods: therapeutic gymnastics, massage, manual therapy, electrotherapy, magnetic therapy, laser therapy, and thermotherapy (treatment with heat or cold). The duration of one session is usually 30-60 minutes, and the course of treatment can include from 5 to 20 procedures, depending on the diagnosis.

Among the positive aspects of physiotherapy are safety, minimal side effects, the ability to avoid surgery, and a long-term therapeutic effect. However, there are some drawbacks. Public institutions often lack modern equipment, and queues can be long. In addition, not all physiotherapists are equally qualified, which can affect the efficiency of treatment. In private clinics, although the conditions and service are better, the price of services can be quite high for an average Ukrainian.

Despite these difficulties, physiotherapy remains an important component of modern medicine in Ukraine, contributing not only to the physical but also to the emotional recovery of patients.

5. Answer the questions.

1. What are some common reasons people visit a physiotherapist in Ukraine?
2. What is the main goal of physiotherapy as a branch of medicine?
3. What types of physical factors are used in physiotherapy procedures?
4. Who usually refers a patient to a physiotherapist?
5. What does the initial physiotherapy examination include?
6. How is an individual rehabilitation program created for a patient?
7. List at least four types of therapies commonly used in physiotherapy rooms in Ukraine.
8. What is the typical duration of one physiotherapy session?
9. How many procedures can a full course of treatment include?
10. What are some of the advantages of physiotherapy mentioned in the text?
11. What challenges are associated with physiotherapy in public institutions?
12. Why might private clinics not be accessible to every Ukrainian?
13. In what ways does physiotherapy contribute to a patient's overall recovery, besides physical improvement?

6. True & False:

1. Physiotherapy in Ukraine is used exclusively for post-surgical recovery.

2. A physiotherapist may assess a patient's posture and coordination during the first visit.
3. Patients can book physiotherapy sessions in Ukraine without a doctor's referral.
4. Manual therapy and electrotherapy are among the methods used in Ukrainian physiotherapy clinics.
5. Each physiotherapy session lasts exactly one hour.
6. Physiotherapy treatment plans are standardized and the same for every patient.
7. One course of physiotherapy may include up to 20 procedures.
8. Private physiotherapy clinics in Ukraine are usually more comfortable but may be financially inaccessible to many.
9. Physiotherapy involves the use of both natural and physical factors.
10. Magnetic fields and ultrasound are considered outdated techniques in Ukrainian physiotherapy.

LISTENING

7. Watch the video “Meet Aaron - a physiotherapist in the NHS”. Mark the sentences True or False. Correct the false ones.



1. Aaron McInerney is a physiotherapist.
2. He believes physiotherapy includes emotional support and empathy.
3. Aaron recommends starting physiotherapy work without any experience.
4. Sciences and physical education are helpful subjects for future physiotherapists.
5. Aaron usually works night shifts in the NHS.
6. A session in the physio gym usually lasts around 10 to 15 minutes.
7. Aaron once helped a woman walk again after being told she never would.

SPEAKING

8. Discuss the following questions.

1. What do you think happens during a physiotherapy session?
2. What advice do you think a physiotherapist gives to patients?
3. What should a patient wear or bring to a physiotherapy appointment?

UNIT 9. THE CONCEPT OF HEALTH AND DISEASE

VOCABULARY

1. Learn the topical vocabulary.

1. physical well-being - фізичне благополуччя
2. mental well-being - психічне благополуччя
3. social well-being - соціальне благополуччя
4. health prevention - профілактика здоров'я
5. balanced diet - збалансоване харчування
6. physical activity - фізична активність
7. psychological hygiene - психологічна гігієна
8. maintain health - підтримувати здоров'я
9. prevent disease - запобігати хворобам
10. lack of sleep - недосипання
11. excessive consumption - надмірне споживання
12. sugar - цукор
13. self-medication - самолікування
14. unverified advice - неперевірені поради
15. mental health - психічне здоров'я
16. psychotherapist - психотерапевт
17. psycho-emotional state - психоемоційний стан
18. medical examinations - медичні огляди
19. consult specialists - консультиватися з фахівцями
20. health literacy - медична грамотність

Practice the vocabulary online:



QUIZLET

2. Match the halves of the phrases.

- | A | B |
|------------------|-----------------|
| 1. health | a) a doctor |
| 2. physical | b) aspects |
| 3. mental | c) condition |
| 4. illness | d) consultation |
| 5. emotional | e) consumption |
| 6. psychological | f) diet |
| 7. sociocultural | g) examinations |

A	B
8. balanced	h) factors
9. lack	i) health
10. excessive	j) hygiene
11. consult	k) lifestyle
12. psychologist	l) mental support
13. psychotherapist	m) of sleep
14. psycho-emotional	n) prevention
15. medical	o) state
16. passive	p) well-being

Do this exercise online:



WORDWALL

3. Change the incorrect expression to the correct one from the list.

- 1) To stay healthy, it's enough to eat only fast food without any control.
- 2) Constant stress and anxiety do not affect a person's **physical well-being**.
- 3) Doctors recommend **self-medication** to avoid unnecessary visits to clinics.
- 4) If you want to avoid illness, there is no need for **health prevention**.
- 5) Ignoring your emotions and not caring for your **mental health** is the best way to stay balanced.
- 6) It's perfectly fine to follow any **unverified advice** you read on the internet.
- 7) Lack of vitamins is less harmful than **lack of sleep**.
- 8) Eating a lot of sweets every day is better than controlling your **sugar** intake.
- 9) People should not waste time on **medical examinations**; it's pointless.
- 10) If you feel sad or anxious, you shouldn't talk to a **psychotherapist**.
- 11) To support your body, avoid any **physical activity** and stay in bed all day.
- 12) Visiting doctors is useless; there's no need to **consult specialists**.

Do this exercise online:



WORDWALL

READING

9.1.4. Read and listen to the text.

The concept of health and disease

The concepts of “health” and “disease” are fundamental both in medical discourse and in everyday life. Health has traditionally been viewed not only as the absence of disease, but also as a state of complete physical, mental and social well-being. Instead, illness is not just a physical disorder, but a complex condition that encompasses emotional, psychological, and even sociocultural aspects.

Health prevention, a healthy lifestyle, a balanced diet, regular physical activity, and psychological hygiene are the basic components that help maintain health and prevent disease. However, despite widespread awareness, many people still neglect basic rules. For example, lack of sleep, excessive consumption of sugar, alcohol, smoking, and a passive lifestyle gradually destroy the body.

Illness, on the other hand, is often perceived as a punishment or as something sudden and unfair. However, in many cases, it is the result of prolonged ignoring of the body's signals. One of the most common mistakes is self-medication - taking medications without consulting a doctor or trusting unverified advice from the Internet. This is not only ineffective but also dangerous.

Another common mistake is treating mental health as a “secondary” aspect. People are often embarrassed to go to psychologists or psychotherapists, considering it a sign of weakness, while it is the psycho-emotional state that has a huge impact on overall well-being.

To correct these mistakes, you need to change your attitude towards your own body: learn to listen to it, undergo regular medical examinations, do not ignore symptoms and consult specialists. It is also worth cultivating health literacy - understanding the basic principles of body functioning and how to maintain it.

In the end, health is a dynamic process that requires attention, responsibility, and constant care. This is the only way to achieve harmony between body, mind and environment.

5. Answer the questions.

1. How has the concept of health traditionally been defined?
2. Why is illness considered more than just a physical disorder?
3. What are the main components of maintaining health and preventing disease?
4. Despite awareness, what harmful habits do many people still practice?
5. Why is self-medication considered a dangerous mistake?

6. What is one of the common causes of illness, according to the text?
7. How is illness often perceived by people?
8. What role does psychological hygiene play in maintaining health?
9. Why do some people avoid seeing psychologists or psychotherapists?
10. What is meant by 'health literacy' in the text?
11. What does the text suggest about listening to one's body?
12. What actions are recommended to prevent and properly treat illness?
13. According to the text, what is necessary to achieve harmony between body, mind, and environment?

6. True & False:

1. Health is primarily defined in modern contexts as the absence of any visible disease symptoms.
2. The text suggests that emotional and psychological factors are only relevant in severe cases of illness.
3. While there is growing awareness of healthy habits, the majority of people consistently follow them.
4. Passive lifestyles are mentioned as a contributing factor to gradual physical deterioration.
5. Self-medication is portrayed as a relatively harmless habit if based on online information.
6. The perception of illness as unfair often masks the fact that symptoms were long ignored.
7. According to the text, psychological well-being plays a tiny role in maintaining general health.
8. The reluctance to seek psychological help is linked to societal views of emotional vulnerability.
9. The importance of regular medical check-ups is only emphasized for those already experiencing symptoms.
10. Health literacy involves memorizing medical terminology and diagnosing illnesses independently.
11. The text highlights a contradiction between people's knowledge of healthy behaviors and their actual lifestyle choices.
12. Neglecting mental health is presented as a more dangerous mistake than physical inactivity.

LISTENING

7. Watch the video “Biology - Health & Disease”. Match collocations from the video. Then complete the sentences.



A	B
well-balanced	heart disease
preventative	activities
unhealthy	diet
completely	issues
communicable	medicines
coronary	unrelated
health	diet
everyday	diseases

1. His explanation about the weather was _____ to the topic of disease prevention.
2. An _____ can increase the risk of obesity, diabetes, and heart problems.
3. A _____ provides the body with essential nutrients and helps maintain overall health.
4. Simple _____, like walking or stretching, can significantly improve physical fitness.
5. _____ are often used to avoid the spread of infections before symptoms appear.
6. _____ such as influenza and tuberculosis can spread quickly in crowded places.
7. _____ is often linked to poor lifestyle choices and lack of physical activity.
8. Many _____ can be avoided through regular checkups and healthy habits.

SPEAKING

8. Discuss the following questions.

1. How does mental health affect physical health?
2. What's the difference between acute and chronic diseases?
3. How can healthy lifestyle choices prevent disease?

UNIT 10. ANATOMY AS A SCIENCE

VOCABULARY

1. Learn the topical vocabulary.

1. biomedical science - біомедична наука
2. macroscopic structures - макроскопічні структури
3. microscopic elements - мікроскопічні елементи
4. dissection - розтин
5. opening - розкриття
6. basic discipline - базова дисципліна
7. body's normal functioning - нормальне функціонування організму
8. pathological changes - патологічні зміни
9. internal structure - внутрішня будова
10. external structure - зовнішня будова
11. shape - форма
12. size - розмір
13. relative position - відносне положення
14. interaction - взаємодія
15. branch of anatomy - розділ анатомії
16. topographic anatomy - топографічна анатомія
17. systemic anatomy - системна анатомія
18. functional anatomy - функціональна анатомія
19. clinical anatomy - клінічна анатомія
20. comparative anatomy - порівняльна анатомія
21. applied value - прикладне значення
22. nerve pathway - нервовий шлях
23. blood vessel - кровоносна судина
24. functional disorder - функціональний розлад
25. individualized rehabilitation program - індивідуалізована програма реабілітації
26. method of exposure - метод впливу
27. anatomical landmark - анатомічний орієнтир
28. complication - ускладнення
29. kinesiotherapy - кінезіотерапія
30. structural disorder - структурне порушення
31. rational recovery program - раціональна програма відновлення
32. academic discipline - академічна дисципліна
33. therapeutic intervention - терапевтичне втручання
34. quality of life - якість життя

Practice the vocabulary online:



QUIZLET

2. Sort out the words according to the categories.

apparatus	internal structure	rational recovery
blood vessel	kinesiotherapy	program
clinical anatomy	macroscopic	structural disorder
comparative anatomy	structures	systemic anatomy
complication	method of exposure	therapeutic
functional disorder	nerve pathway	intervention
individualized	pathological changes	topographic anatomy
rehabilitation program		

Body structures and elements	Branches and areas of anatomy	Processes and states	Programmes and interventions

Do this exercise online:



WORDWALL

3. Choose the correct answers.

1. What does **macroscopic structures** refer to?

- A) Cells visible only under a microscope
- B) Body parts large enough to be seen with the naked eye
- C) Invisible nerve signals

2. What is an **individualized rehabilitation program**?

- A) A standard plan for all patients

B) A recovery plan tailored to a specific patient's needs

C) A type of anatomy course

3. **Structural disorder** refers to...

- A) Damage or abnormality in the body's structure
- B) Mental health imbalance
- C) A therapy session plan

4. Which structure carries signals between the brain and the body?

- A) blood vessel
- B) nerve pathway
- C) apparatus

5. What is a **therapeutic intervention**?

- A) A method used to treat or improve a patient's condition
- B) A type of anatomical landmark
- C) A diagnostic test

6. Which therapy uses movement to improve health?

- A) applied value
- B) kinesiotherapy
- C) macroscopic anatomy

7. **Pathological changes** mean...

Do this exercise online:



BAAMBOOZLE

4. **Spell the words online.**



WORDWALL

A) Normal growth of tissues

B) Disease-related alterations in body structures

C) Physical activity improvement

8. What is an **anatomical landmark** used for?

A) A visible reference point on the body for orientation during procedures

B) A branch of clinical anatomy

C) A recovery plan for patients

9. Which term describes a carefully planned **method of influencing the body during treatment**?

A) apparatus

B) method of exposure

C) complication

READING

 10.1.5. Read and listen to the text.

Anatomy as a science

Anatomy is a fundamental biomedical science that studies the structure of the human body at different levels of its organization, from macroscopic structures to microscopic elements. The word “anatomy” comes from the Greek “anatomē”, which means “dissection” or “opening”. It is a basic discipline for future specialists in medicine, physical therapy, occupational therapy, sports medicine and rehabilitation, as it provides a deep understanding of the body's normal functioning and allows for an adequate response to pathological changes.

The main purpose of anatomy is to describe in detail the internal and external structure of the human body, its organs, systems and apparatus. It studies their shape, size, relative position and interaction. There are different branches of anatomy, including topographic, systemic, functional, clinical and comparative anatomy, each of which has its own applied value for practical medicine and rehabilitation.

For a rehabilitation therapist, knowledge of anatomy is vital. Understanding the location of muscles, ligaments, joints, nerve pathways, and blood vessels makes it possible to accurately determine the source of a functional disorder, effectively plan an individualized rehabilitation program, and choose the most appropriate methods of exposure, both passive and active. For example, during manual therapy or kinesiotherapy, a rehabilitator must accurately navigate anatomical landmarks to avoid complications and maximize the effectiveness of procedures.

In addition, anatomy allows us to explain the causes of many diseases or injuries in terms of structural disorders. This is important both for diagnosis and for creating a rational recovery program adapted to the patient's individual characteristics.

Thus, anatomy is not just an academic discipline, but a key to understanding the functioning of the human body in health and disease. It is the basis of all medical sciences - without a deep knowledge of anatomy, it is impossible to study physiology, pathology, surgery or rehabilitation. For rehabilitation specialists, anatomical knowledge forms the basis of their professional activities, ensures the safety of therapeutic interventions and improves the quality of life of patients.

6. Answer the questions.

1. What is the origin of the word "anatomy" and what does it mean?
2. Why is anatomy considered a fundamental science for medical and rehabilitation specialists?
3. What levels of body organization does anatomy study?
4. How does anatomical knowledge help rehabilitation therapists when dealing with functional disorders?
5. What is the main purpose of anatomy as a discipline?
6. Name at least three branches of anatomy mentioned in the text and briefly explain their relevance.
7. In what way does anatomy contribute to accurate diagnosis and treatment planning?
8. Why is understanding anatomical landmarks important during manual therapy or kinesiotherapy?
9. How does anatomy help explain the causes of diseases or injuries?

10. What role does anatomy play in developing individualized rehabilitation programs?
11. Why is anatomical knowledge essential for procedures involving both passive and active therapeutic methods?
12. How does anatomy ensure the safety of therapeutic interventions in rehabilitation?
13. Why is it impossible to study physiology, pathology, or surgery without a deep knowledge of anatomy?

7. True & False:

1. Anatomy primarily focuses on the treatment of diseases through surgical intervention.
2. The significance of anatomical knowledge increases when rehabilitation requires both passive and active therapeutic techniques.
3. The Greek term “anatomē” reflects the process commonly used in anatomical research.
4. Comparative anatomy has little relevance in practical rehabilitation.
5. Anatomical knowledge allows specialists to trace the structural origins of medical conditions.
6. The study of anatomy includes understanding the emotional responses of the human body.
7. Topographic anatomy is particularly useful when performing physical manipulations on a patient.
8. Anatomy forms the academic foundation of medical sciences but is unrelated to practical applications.
9. Without anatomical understanding, it is difficult to interpret physiological or pathological changes in the human body.
10. Manual therapy can be performed safely without any anatomical training.

LISTENING

8. Watch the video “Introduction to Anatomy and Physiology”.

Complete the sentences using key words from the video.

taxonomy, holistic, vertebrate, continuum, microscopic,
prerequisite, multicellular, macroscopic, physicochemical,
biochemistry



1. _____ explores how molecules like proteins and DNA control the inner workings of living cells.
2. Humans are classified as _____ because we possess a spinal column and internal skeleton.

3. The _____ properties of enzymes determine how they function inside the human body.

4. A solid understanding of chemistry is a _____ for studying biochemistry and human physiology.

5. Bacteria are _____ organisms, invisible to the naked eye and observable only under a microscope.

6. Modern medicine increasingly takes a _____ approach, treating the whole person rather than just the symptoms.

7. Scientists use _____ to classify and organize living organisms based on shared characteristics.

8. Organs like the heart and liver are _____ structures that can be seen and studied without a microscope.

9. Learning science creates a _____ of knowledge that stretches from atomic theory to complex living systems.

10. Humans are _____ organisms, meaning our bodies are made up of trillions of specialized cells.

SPEAKING

9. Discuss the following questions.

1. Which part of the human body do you think is the most important? Why?
2. Can you name five organs in the body and explain what they do?
3. If you could see inside the human body, what would you like to explore first? Why?

UNIT 11. ANATOMICAL POSITION OF THE BODY

VOCABULARY

1. Learn the topical vocabulary

1. anatomical body position - анатомічне положення тіла
2. standard posture - стандартна постава
3. deconstruction - опис (у контексті - описування)
4. body corridors - частини/відділи тіла
5. conventional position - умовне положення
6. standing upright - стояти прямо
7. face forward - обличчям уперед
8. arms lowered - опущені руки
9. supination - супінація (поворот долонь уперед)
10. thumbs turned outward - великі пальці повернуті назовні
11. legs uncurled - випрямлені ноги
12. feet parallel - паралельні ступні
13. medial - медіальний (ближче до серединної лінії)
14. midline of the body - серединна лінія тіла
15. lateral - латеральний (збоку від серединної лінії)
16. proximal - проксимальний (ближче до центру тіла або місця прикріплення кінцівки)
17. distal - дистальний (далі від центру тіла або місця прикріплення кінцівки)
18. ventral - вентральний (передній, ближче до живота)
19. anterior - передній
20. dorsal - дорсальний (задній, ближче до спини)
21. posterior – задній
22. superior – верхній
23. inferior – нижній
24. cranial - черепний
25. caudal - куприковий
26. dorsal surface - дорсальна поверхня
27. ventral surface - вентральна поверхня
28. spatial descriptions - просторові описи
29. diagnostic errors - діагностичні помилки
30. surgical interventions - хірургічні втручання
31. clinical descriptions - клінічні описи
32. recuperation protocols - протоколи відновлення
33. anatomical language - анатомічна мова
34. facilitate communication - полегшувати комунікацію

35. activity procedures - процедурні дії

Practice the vocabulary online:



QUIZLET

2. Replace the highlighted word with a correct synonym from the list.

Word Bank:

anatomical	dorsal	posterior	ventral surface
language	dorsal surface	proximal	
anterior	lateral	supination	
distal	medial	ventral	

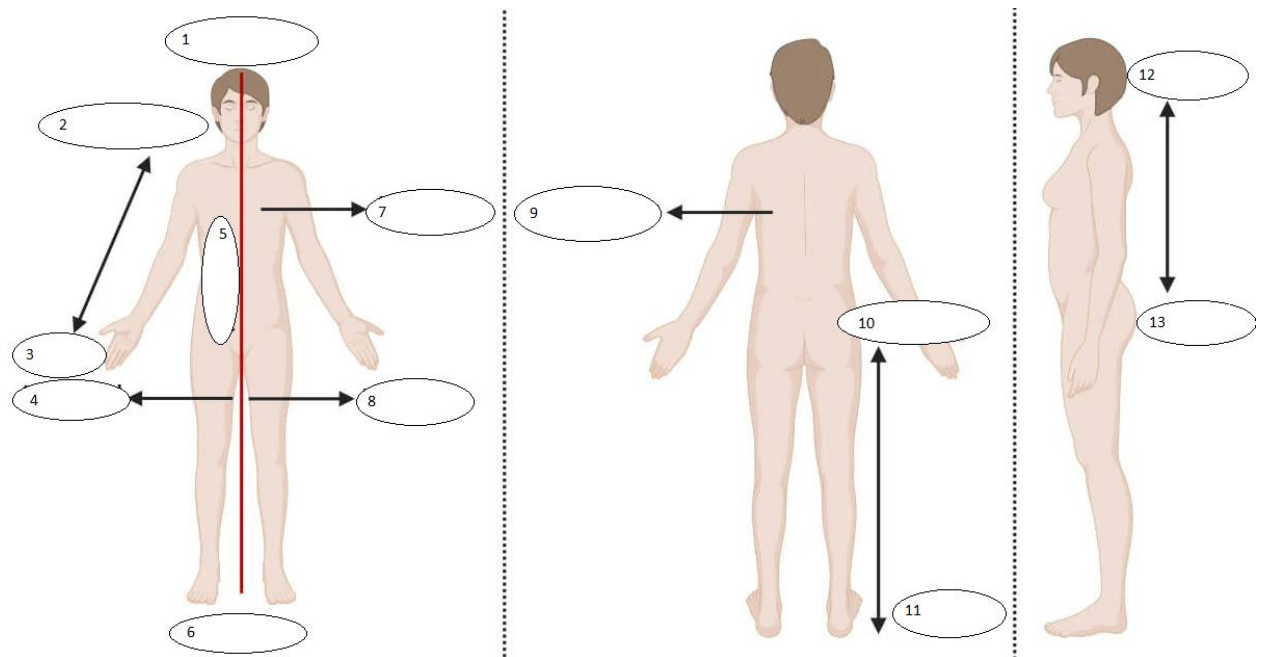
- 1) The **front** part of the chest faces the abdomen.
- 2) The shoulder blades are located on the **back** part of the body.
- 3) The thumb moves outward during **rotation of the forearm**.
- 4) The ears are on the **side** of the head compared to the nose.
- 5) The nose is **closer to the midline** than the eyes.
- 6) The hand is farther from the trunk, so it is more **away from the center** than the shoulder.
- 7) The elbow is **nearer to the center** of the body than the fingers.
- 8) The stomach is on the **abdominal surface** of the body.
- 9) The spine is on the **back surface** of the body.
- 10) Specialists use a special **terminology for anatomy** to avoid confusion.
- 11) The knees are **toward the front** of the legs.
- 12) The gluteal region is **toward the back** of the body.

Do this exercise online:



WORDWALL

3. Label the figure.



Do this exercise online:



WORDWALL

READING

11.1.4. Read and listen to the text.

Anatomical position of the body

Anatomical body position is a standard posture used in deconstruction to describe the position of organs and body corridors. Anyhow of the factual position of a person (sitting, lying down, or moving), all anatomical terms are grounded on this conventional position.

In this position, the person is standing upright; the face, casket, and bases are facing forward; arms are lowered along the body; triumphs turned forward (supination) and thumbs turned outward (indirectly); legs uncurled, bases resemblant.

Specialists use certain terms to describe the anatomical position of the human body. One of the main concepts is medial, which means that the structure is located closer to the midline of the body. For example, the nose is a medial structure relative to the eyes. The opposite is the term lateral, which means the position on the side. For example, the ears are lateral to the nose. Proximal means closer to the center of the body or the point of attachment of a limb, and distal means further from the center or point of attachment. For instance, the shoulder is more proximal than the hand, and the fingers are more distal to the elbow. In the directions of the front and back, the terms ventral

(anterior, closer to the abdomen) and dorsal (posterior, closer to the back) are used. For example, the shoulder blades are located on the dorsal surface of the body, and the chest is on the ventral surface. [4]

Due to these terms, specialists can accurately convey information, avoid diagnostic errors, and plan surgical interventions correctly.

The crucial factor of the anatomical position is that the spatial descriptions of the body remain unchanged indeed when the body is not upright, but lying down or sitting down. This avoids confusion in clinical descriptions and facilitates communication between specialists when planning surgical procedures, performing activity procedures, or creating recuperation protocols.

Therefore, the anatomical position is a kind of “anatomical language” that allows you to directly and widely convey information about the mortal body, anyhow of profession, country, or language of communication.

5. Answer the questions.

1. What is the anatomical body position and why is it used in anatomical descriptions?
2. Does the anatomical position change depending on whether the person is sitting or lying down? Explain.
3. Describe how a person appears in the anatomical position.
4. What does the term “medial” mean in anatomy? Provide an example from the text.
5. What is the opposite of “medial,” and how is it defined?
6. How do the terms “proximal” and “distal” help in describing the location of body parts? Give examples.
7. What anatomical term is used to describe something closer to the abdomen?
8. What does “dorsal” mean and which part of the body is used as an example of a dorsal structure?
9. How does the use of anatomical terminology benefit medical specialists?
10. Why is it important that spatial descriptions remain consistent even if the person is lying down or sitting?
11. What does it mean when the arms are in “supination” in the anatomical position?
12. According to the text, why is anatomical language considered universal?
13. How does understanding anatomical terminology help avoid diagnostic or surgical errors?

6. Match the words with their definitions.

Terms	Definitions
1. Anatomical position	A. A direction meaning closer to the midline of the body
2. Medial	B. A posture used as a reference point for anatomical descriptions
3. Lateral	C. A direction meaning farther from the point of attachment or body center
4. Proximal	D. A direction meaning toward the front or belly side of the body
5. Distal	E. The posture where the person stands upright with face forward, arms at the sides, and palms facing forward
6. Ventral	F. A direction meaning toward the side, away from the midline
7. Dorsal	G. A direction meaning toward the back of the body
8. Supination	H. The rotation of the forearm so that the palm faces forward
9. Universal anatomical language	I. A system that allows communication among medical professionals regardless of language or country J. A direction meaning closer to the point of attachment or body center

LISTENING

 **11.2.7. Listen about anatomical terms. Mark the sentences True or False. Correct the false ones.**

1. Anatomical directional terms help describe the position of body parts relative to each other.
2. The anatomical position is lying flat on the back with arms at the sides.
3. The chest is inferior to the abdomen.
4. Anterior means towards the back of the body.
5. Posterior and dorsal can be used interchangeably in humans.

6. The midline divides the body into left and right halves.
7. The thumb is medial to the pinky finger.
8. Proximal means farther away from the point of attachment.
9. The wrist is distal to the elbow.
10. Deep means closer to the surface of the body.

SPEAKING

8. Discuss the following questions.

1. Do you think anatomical terms are useful only for medicine, or for other jobs too? Why or why not?
2. How would you explain the difference between 'anterior' and 'posterior' to a friend?
3. Why is it helpful to use the same anatomical terms in every country?

UNIT 12. STRUCTURE OF THE HUMAN BODY

VOCABULARY

1. Learn the topical vocabulary.

1. structure - структура
2. coordinated operation - скоординована робота
3. musculoskeletal system - опорно-рухова система
4. nervous regulation - нервова регуляція
5. biochemical process - біохімічний процес
6. hierarchical structure - ієрархічна структура
7. biological organization - біологічна організація
8. cellular level - клітинний рівень
9. tissue level - тканинний рівень
10. organ level - рівень органів
11. systemic level - системний рівень
12. metabolism - обмін речовин
13. irritability - збудливість
14. reproduce - розмножуватися
15. self-regulation - саморегуляція
16. connective tissue - сполучна тканина
17. epithelial tissue - епітеліальна тканина
18. muscular tissue - м'язова тканина
19. nervous tissue - нервова тканина
20. supportive function - опорна функція
21. voluntary movement - довільний рух
22. reflex movement - рефлексорний рух
23. ligament - зв'язка
24. flexibility - гнучкість
25. peripheral nervous system - периферична нервова система
26. central nervous system - центральна нервова система
27. reflex activity - рефлексорна діяльність
28. gas exchange - газообмін
29. lymphatic system - лімфатична система
30. drainage - дренаж
31. interstitial fluid - міжклітинна рідина
32. infectious agent - інфекційний агент
33. pituitary gland - гіпофіз
34. thyroid gland - щитоподібна залоза
35. adrenal gland - надниркова залоза
36. homeostasis - гомеостаз

- 37. autonomic nervous system - автономна нервова система
- 38. heartbeat - серцебиття
- 39. peristalsis - перистальтика
- 40. secretion – секреція

Practice the vocabulary online:



QUIZLET

2. Can you think of ...?

...three organ systems in the human body?

...three types of tissue?

...three glands of the endocrine system?

...three structures involved in the musculoskeletal system?

...three functions of the nervous system?

...three words that describe anatomical direction or position?

...three terms related to cells and their functions?

...three body processes regulated by the autonomic nervous system?

...three ways the lymphatic system protects the body?

...three examples of movements made possible by muscles?

3. Insert the missing words or phrases in each case. Use the box of terms below. Some words may be used more than once.

Word Bank:

bone	lymphatic	peristalsis	reflex
endocrine	system	pituitary gland	movement
system	muscular tissue	proximal	spinal cord
ligament	nervous system		thoracic cavity

Case 1: After a Spinal Injury
After a car accident, a 40-year-old man experienced paralysis in his lower limbs. The damage affected the _____, disrupting signal transmission from the brain. He also lost _____, which normally helps in involuntary reactions like withdrawing from pain.

Case 2: Chronic Joint Instability
A young athlete complains about frequent ankle sprains. Examination shows weak _____ that fail to stabilize the joint. Strengthening nearby _____ and improving balance is recommended as part of the rehab plan.

Case 3: Digestive Complaints
An elderly woman with a sedentary lifestyle reports chronic constipation. Her therapist explains that reduced _____, the wave-like movement of the intestines, may be the cause. A diet high in fiber and activation of the _____ may help stimulate bowel activity.

Case 4: Hormonal Imbalance and Weak Bones
A 55-year-old woman is diagnosed with osteoporosis. Tests show low hormone levels due to impaired function of the _____, a gland that controls the _____, which in turn regulates calcium metabolism. Her skeletal _____ is also weakened and requires physical loading.

Do this exercise online:



WORDWALL

READING

12.1.4. Read and listen to the text.

Structure of the human body

The human body is a well-structured system that ensures the coordinated operation of the entire organism. It encompasses not only the musculoskeletal system, but also numerous internal organs, nervous regulation, and biochemical processes.

The human body is characterized by a hierarchical structure that includes several levels of biological organization: cellular, tissue, organ, and systemic. Each of these levels not only reflects the structural complexity of the body but also ensures its functional integration.

At the lowest level is the cell – the basic structural and functional unit of life. It has properties such as metabolism, irritability, the ability to reproduce, and self-regulation. Cells of the same morphological structure and functional specialization form tissues, which, according to their properties and role in the body, are divided into epithelial, connective, muscular, and nervous.

Tissues form organs such as the heart, lungs, or kidneys, which perform specific functions. All organs together form organ systems, such as the musculoskeletal, nervous, respiratory, digestive, etc.

The musculoskeletal system includes bone, muscle, and ligament components. The skeleton conducts a supportive function for the human body, protecting its organs, and contains different minerals for example calcium. Muscles, connected to bones by tendons, provide voluntary and reflex movements, while ligaments and joints provide stability and flexibility.

The nervous system plays a leading role in regulating all vital processes. It comprises the central (brain and spinal cord) and peripheral parts. Through sensory and motor pathways, it controls movement, provides reflex activity, coordination, and adaptation to the external environment.

The cardiovascular and respiratory systems are functionally interrelated. The heart pumps blood through a closed vascular system, ensuring the transport of oxygen, carbon dioxide, hormones, and metabolites, while the lungs provide gas exchange between the body and the external environment.

The lymphatic system, although often underestimated, provides drainage of interstitial fluid, transports immune cells, and acts as a barrier against infectious agents. The endocrine system, represented by numerous glands (pituitary gland, thyroid gland, adrenal glands, etc.), uses hormonal signals to finely regulate metabolism, growth, reproductive function, and homeostasis.

The autonomic nervous system deserves special attention, as it functions independently and regulates the activity of internal organs: heartbeat, peristalsis, secretion, etc.

Understanding these complex interrelationships is critical, as restoring functions requires a systematic approach based on knowledge of the anatomical and physiological unity of the body.

5. Answer the questions.

1. How is the human body described in terms of structure and function at the beginning of the text?

2. What are the four main levels of biological organization mentioned in the hierarchical structure of the human body, and what is their significance?
3. What are the key properties of a cell that make it the basic unit of life?
4. How are tissues formed, and what are the four main types of tissues described in the text?
5. What is the relationship between tissues, organs, and organ systems according to the passage? Give examples.
6. What components make up the musculoskeletal system, and what are the specific functions of each component?
7. How do muscles, tendons, ligaments, and joints work together to facilitate movement and maintain body stability?
8. What are the main parts of the nervous system, and what functions does each part perform?
9. Explain how the cardiovascular and respiratory systems are functionally connected. What roles do the heart and lungs play?
10. What is the role of the lymphatic system, and why is it considered important despite often being underestimated?
11. List the main glands of the endocrine system mentioned in the text and explain the general function of this system.
12. What distinguishes the autonomic nervous system from the rest of the nervous system, and what functions does it control?
13. Why is it important to understand the interrelationships between body systems when attempting to restore bodily functions?

6. Match the systems with their functions:

1. Musculoskeletal system	A. Controls internal organ activities like heartbeat and digestion automatically
2. Nervous system	B. Supports the body, enables movement, and stores minerals like calcium
3. Cardiovascular system	C. Provides gas exchange between the body and the environment
4. Respiratory system	D. Regulates and coordinates all vital processes, movements, and reflexes
5. Lymphatic system	E. Pumps blood to transport oxygen, carbon dioxide, hormones, and nutrients
6. Endocrine system	F. Uses hormones to regulate
7. Autonomic nervous system	

	metabolism, growth, reproduction, and homeostasis G. Drains interstitial fluid, transports immune cells, and defends against infection
--	---

LISTENING

7. Watch the video “Human Body”. Mark the sentences True or False. Correct the false ones.



1. The muscular system includes skeletal, smooth, and cardiac muscles.
2. The nervous system includes the brain, spinal cord, and nerves.
3. The lymphatic system is also called the immune system.
4. The cardiovascular system is also known as the respiratory system.
5. The endocrine system works independently from the nervous system.
6. The urinary system removes waste from the blood and helps control electrolyte levels.
7. The respiratory system removes oxygen from the body and brings in carbon dioxide.
8. The digestive system is only about 10 feet long.
9. The reproductive system is responsible for creating life and differs between males and females.
10. When all ten major organ systems are healthy, they work together to keep us well.

SPEAKING

8. Discuss the following questions.

1. Which part of your body do you think is the most amazing? Why?
2. What healthy habits help keep your body strong?
3. Can you name some things your body does automatically without you thinking?

UNIT 13. SKELETAL SYSTEM

VOCABULARY

1. Learn the topical vocabulary.

1. skeletal system - кісткова система
2. hold up the body - підтримувати тіло
3. protect organs - захищати органи
4. help with movement - допомагати рухатися
5. make blood - утворювати кров
6. help with metabolism - сприяти обміну речовин
7. adult skeleton - скелет дорослої людини
8. joint - суглоб
9. ligament - зв'язка
10. cartilage - хрящ
11. organic material - органічна речовина
12. collagen - колаген
13. inorganic salts - неорганічні солі
14. calcium - кальцій
15. phosphorus - фосфор
16. periosteum - окістя
17. compact tissue - компактна тканина
18. long bone - довга кістка
19. short bone - коротка кістка
20. flat bone - плоска кістка
21. mixed bone - змішана кістка
22. air-filled bone - пневматична кістка
23. femur - стегнова кістка
24. humerus - плечова кістка
25. scapula - лопатка
26. sternum - груднина
27. vertebrae - хребці
28. axial skeleton - осьовий скелет
29. appendicular skeleton - додатковий скелет
30. skull - череп
31. spine - хребет
32. rib cage - грудна клітка
33. pelvis - таз
34. thigh bone - стегнова кістка (альт. до femur)
35. shin bone - великогомілкова кістка
36. customized recovery plan - індивідуальний план відновлення

- 37. prevent injury - запобігати травмам
- 38. sense organs - органи чуття
- 39. fused bones - зрощені кістки
- 40. free arm bones - кістки вільної частини руки

Practice the vocabulary online:



QUIZLET

2. Match the term with the definition.

Term	Definition
A. skeletal system	1. A strong connective tissue that surrounds the bone and contains blood vessels and nerves.
B. cartilage	2. A soft but strong connective tissue found in joints and between bones.
C. periosteum	3. The largest bone in the human body, located in the thigh.
D. femur	4. A dense, solid type of bone tissue found under the outer surface of bones.
E. axial skeleton	5. The system of bones that support, protect, and enable movement in the body.
F. rib cage	6. Bones that are longer than they are wide and work as levers.
G. compact tissue	7. Strong fibrous bands that connect bones to each other and stabilize joints.
H. pelvis	8. The part of the skeleton that includes the skull, vertebrae, and rib cage.
I. long bone	9. A bony structure that protects the heart and lungs.
J. ligaments	10. A basin-shaped structure formed of fused bones that supports the spine and legs.

Do this exercise online:



WORDWALL

3. Complete the dialogues with the correct terms from the Word Bank. You can use some words twice.

Word Bank:

cartilage

compact tissue

femur

ligaments

long bones

pelvis

skeleton

vertebrae

Dialogue 1

Patient: Doctor, I still feel pain in my hip area when walking.

Rehab specialist: Let's check your (1)_____ to see if there's any tension or misalignment.

P: Is that the part connecting the spine and legs?

RS: Exactly. The (2)_____ supports your spine and plays a key role in balance.

P: Could it affect my thigh bone?

RS: Yes, especially the (3)_____, which is the longest and strongest bone in your body.

Dialogue 2

Rehabilitation specialist 1: I'm seeing instability in the patient's knee.

Rehabilitation specialist 2: Did you check the (4)_____?

RS 1: Yes, they seem overstretched.

RS 2: What about the (5)_____ between the bones? Sometimes degeneration there causes joint pain.

RS 1: Good point. Also, I think the issue might be due to weak (6)_____, especially since they're weight-bearing.

Dialogue 3

Rehabilitation specialist: I've evaluated the spine. The problem is likely in the lower (7)_____.

Nurse: Do you mean the lumbar region?

RS: Yes, those (8)_____ support most of the upper body weight.

Orthopedist: Any signs of damage to the (9)_____ or inflammation of the surrounding (10)_____?

RS: I'll order imaging to confirm.

Do this exercise online:



WORDWALL

READING

 13.1. 4. Read and listen to the text.

Skeletal system

The human skeletal system is the base of the whole musculoskeletal system. It helps to hold up the body, protect the organs inside, help with movement, and do important jobs like making blood and helping with metabolism.

An adult's skeleton has about 206 bones that are all connected by joints, ligaments, and cartilage.

The skeletal system consists of active, living structures - bones that change over time. They are made of two main parts: organic material like collagen, which makes them flexible, and inorganic salts like calcium and phosphorus, which give them strength. Each bone is surrounded by a layer called the periosteum, beneath which lies compact, dense tissue.

Bones can be grouped by their shape into different types:

- Long bones like the femur and humerus, and short bones like the finger bones.

- Flat bones such as the scapula, skull bones, and sternum.

- Mixed bones like the vertebrae.

- Air-filled bones in the skull, such as the frontal and sphenoid bones.

The body skeleton can be divided into the axial and the appendicular.

The axial skeleton includes:

- the skull. This structure includes the face and head, serving to protect the brain and sense organs.

- the spine that is made up of 33 to 34 vertebrae, divided into five sections: neck, upper back, lower back, tailbone area, and the coccyx.

- the rib cage. It includes the ribs and sternum, and helps protect the heart and lungs.

The appendicular skeleton includes:

- Bones of the arms, including the shoulder blade and collarbone, and the free arm bones like the upper arm, forearm, and hand bones.

- Bones of the legs, including the pelvis made up of fused bones and the leg bones like the thigh bone, shin bone, and foot bones.

Understanding how bones are structured is very important for rehabilitation specialists. It helps them look at patients' bodies accurately, create customized recovery plans, use the right techniques for moving the body, and stop injuries from happening again.

5. Answer the questions.

1. What are the main functions of the human skeletal system?
2. How many bones are in the adult human skeleton?
3. What tissues and structures connect bones in the body?
4. Why are bones considered living, dynamic structures?
5. What are the two main components that make up bone tissue, and what does each one do?
6. What is the periosteum, and where is it located?
7. Name the four types of bones based on shape, and give one example of each.

8. What are the two main divisions of the skeleton?
9. What parts of the body are included in the axial skeleton?
10. What is the function of the skull in the skeletal system?
11. How many vertebrae are in the spine, and how are they divided?
12. What bones are included in the appendicular skeleton?
13. What parts make up the rib cage, and what is its function?

6. Fill in the blanks with the missing word:

1. The human skeletal system is the _____ of the whole musculoskeletal system.
2. It helps to hold up the body, protect the organs inside, help with movement, and do important jobs like making _____ and helping with metabolism.
3. An adult's skeleton has about _____ bones.
4. Bones are connected by joints, ligaments, and _____.
5. Bones consist of living structures that change over _____.
6. Bones are made of organic material like _____, which makes them flexible.
7. Inorganic salts like calcium and phosphorus give bones their _____.
8. Each bone is covered by a layer called the _____, beneath which lies compact, dense tissue.
9. Long bones include the femur and _____.
10. Flat bones include the scapula, skull bones, and the _____.
11. The axial skeleton includes the skull, spine, and _____.
12. The spine is made up of 33 to 34 _____, divided into five sections.
13. The appendicular skeleton includes bones of the arms and _____.

LISTENING

7. Watch the video “How to grow a bone”. Put the words in the correct order to make sentences and translate them into Ukrainian.



1. Fetus a flexible cartilage soft in bones most start growing a as.
2. Alone building not enough process is to strong make and bones functional initial.
3. A recyclers counterpart the have builders osteoblasts, called fortunately osteoclasts the.
4. Amazing your ability reconstruct has do break to the as break happened when never if bones the body had.
5. From own a bone made to patient's cells be grow the of an would ideal solution.

6. To nutrient acidity and humidity composition temperature, differentiate stem just into the osteoblasts right and need other all for be cells it colonize and lattice living remodel tissue the mineral with.

SPEAKING

8. Discuss the following questions.

1. What might happen if we didn't have a skeleton?
2. What bones do you use when you play your favorite sport?
3. Have you ever broken a bone? What happened? How did it heal?

UNIT 14. MUSCULAR SYSTEM

VOCABULARY

1. Learn the topical vocabulary

1. upright - прямостоячий
2. support joints - підтримувати суглоби
3. control body temperature - регулювати температуру тіла
4. skeletal muscle - скелетний м'яз
5. smooth muscle - гладенький м'яз
6. cardiac muscle - серцевий м'яз
7. striated - посмугований
8. contract - скорочуватися
9. relax - розслаблятися
10. create force - створювати силу
11. muscle breakdown - розпад м'язової тканини
12. degenerative joint disease - дегенеративне захворювання суглобів
13. abnormal spinal alignment - аномальне вирівнювання хребта
14. increased muscle tone - підвищений м'язовий тонус
15. dry needling - сухе голковколювання
16. taping - тейпування
17. soft tissue work - робота з м'якими тканинами
18. manual therapy - мануальна терапія
19. kinesiotherapy - кінезіотерапія
20. balance training - тренування рівноваги
21. electrical stimulation - електростимуляція
22. ultrasound therapy - ультразвукова терапія
23. myofascial discomfort - міофасціальний дискомфорт
24. lumbar pain - біль у попереку
25. cervical spine pain - біль у шийному відділі хребта
26. post-surgical muscle weakness - м'язова слабкість після операції
27. tendonitis - тендиніт
28. ligament sprain - розтягнення зв'язок
29. recovery plan - план відновлення
30. teach movement - навчати руху
31. use the body properly - правильно користуватись тілом
32. avoid re-injury - уникати повторного ушкодження

Practice the vocabulary online:



QUIZLET

2. Match the two halves of the expressions.

A		B
1. skeletal		A. therapy
2. abnormal		B. discomfort
3. post-surgical		C. spinal alignment
4. electrical		D. tone
5. dry		E. stimulation
6. muscle		F. muscle
7. myofascial		G. sprain
8. ligament		H. breakdown
9. increased		I. needling
10. manual		J. weakness
11. balance		K. training
12. ultrasound		L. therapy

Do this exercise online:



WORDWALL

3. Choose the correct word or phrase to fit in the context.

- The physiotherapist applied _____ to improve blood flow in the damaged tissue.
A) tendon B) ultrasound C) joint D) ligament
- After a sprain, the doctor recommended _____ to support the ankle without limiting movement.
A) taping B) dry needling C) manipulation D) injection
- _____ is used to activate weak muscles and reduce pain signals.
A) Dry needling C) Electrical stimulation
B) Kinesiotherapy D) Balance training
- When the muscle shortens, it is said to _____.
A) relax B) contract C) stretch D) twist
- The _____ system includes bones, muscles, ligaments, and joints.
A) nervous C) musculoskeletal
B) cardiovascular D) respiratory
- He suffered from _____ after sitting for too long without movement.
A) increased muscle tone B) myofascial discomfort C) ligament sprain D) cardiac arrest
- A common symptom of osteoarthritis is _____ in the knee joints.
A) tenderness B) dislocation

- Do this exercise online:*



READING



Muscular system

- manual therapy (e.g. mobilization, manipulation, and soft tissue work);

- kinesiotherapy. Patients do active and passive exercises, balance training, and stretching;
- electrical stimulation. The main function is to make pain less intensive and help muscles work better;
- ultrasound. This approach provides better blood flow and help tissues be treated;
- dry needling. It releases tight muscle areas;
- taping. This tool is used to support muscles and joints without limiting movement.

Good recovery also means teaching the patient how to move properly, use the body well, and avoid hurting themselves again. The combination of those approaches in conjunction with professional rehabilitation specialists can lead to the patient's speedy recovery.

5. Answer the questions.

1. What are the main functions of the muscular system?
2. How many skeletal muscles does the human body have?
3. What connects skeletal muscles to bones?
4. Name the three types of muscles and describe each briefly.
5. What structures, besides muscles and bones, are part of the musculoskeletal system?
6. What are the primary actions performed by muscles?
7. What can cause muscle-related problems?
8. What is musculoskeletal physiotherapy?
9. What methods are used in musculoskeletal physiotherapy for assessment and planning?
10. List at least five common muscular issues treated with physiotherapy.
11. What are some modern treatments used in musculoskeletal physiotherapy?
12. What is the purpose of dry needling?
13. What treatment method do you think is the most effective? (Explain your choice)

6. Fill in the blanks with the missing word:

1. The _____ system includes all the muscles in the body and supports movement and posture.
2. People have over _____ muscles, which are connected to bones by tendons.
3. _____ muscles are striated and under voluntary control.
4. _____ muscles function automatically and are not under conscious control.

5. _____ muscles are located in the heart and work without our control.
6. The _____ system includes muscles, bones, joints, ligaments, and fascia.
7. Muscles contract and relax, help maintain _____, and create force.
8. Muscle problems can occur due to injuries, _____ over time, neurological diseases, or prolonged immobility.
9. _____ physiotherapy focuses on diagnosing, treating, and preventing disorders of muscles and joints.
10. Clinical evaluation, movement analysis, and a _____ recovery plan are essential components of treatment.
11. Common muscular issues include lumbar pain, cervical pain, tendonitis, and _____ sprains.
12. _____ therapy includes mobilization, manipulation, and soft tissue techniques.
13. _____ involves active and passive exercises, balance training, and stretching.
14. Teaching patients how to move properly helps prevent _____ injuries.

LISTENING

7. Watch the video “How your muscular system works”.



Complete the sentences.

1. Each time you take a ____, about ____ muscles work together to ____ your foot, ____ it forward, and ____ it down.
2. The muscular system is made up of over ____ muscles, allowing us to ____, ____, run, ____, and maintain posture.
3. It includes three types of muscle: ____ muscle, found in limbs; ____ muscle, found only in the heart; and ____ muscle, found in organs like the ____ and uterus.
4. Muscle fibers are tightly ____ together in bundles and receive ____ from the ____ system to contract.
5. Skeletal muscles work in ____ pairs, where one muscle ____ while the other ____.
6. A third type of contraction creates ____ force, helping us to ____ against a wall or ____ a cup without changing muscle ____.
7. Skeletal muscles make up about ____ to ____ percent of our body weight and are connected to bones by ____.
8. The smallest skeletal muscle is the ____, just ____ millimeters long and located in the ____.
9. Fast twitch fibers provide quick ____ but tire easily, while ____ twitch fibers are built for ____ and last longer.

10. Muscles also generate ____ as a byproduct of activity, providing around ____ percent of the body's ____.

SPEAKING

8. Discuss the following questions.

1. Do you know any exercises that help make muscles stronger? Which ones do you like?
2. What is special about the heart muscle? How is it different from other muscles?
3. Do we control all our muscles? Which ones work without us thinking about them?

UNIT 15. NERVOUS SYSTEM

VOCABULARY

1. Learn the topical vocabulary.

1. connect - з'єднувати
2. respond - реагувати
3. sense - відчувати
4. feel emotions - відчувати емоції
5. keep balance - підтримувати рівновагу
6. central nervous system - центральна нервова система
7. peripheral nervous system - периферична нервова система
8. cerebrum - великий мозок
9. cerebellum - мозочок
10. diencephalon - проміжний мозок
11. midbrain - середній мозок
12. medulla - довгастий мозок
13. awareness - усвідомлення
14. memory - пам'ять
15. reflex actions - рефлексорні дії
16. cranial nerves - черепно-мозкові нерви
17. spinal nerves - спинномозкові нерви
18. nerve ganglia - нервові ганглії
19. voluntary movements - довільні рухи
20. vegetative nervous system - вегетативна нервова система
21. sympathetic system - симпатична система
22. parasympathetic system - парасимпатична система
23. process information - обробляти інформацію
24. store information - зберігати інформацію
25. internal conditions - внутрішні умови (середовище)
26. neurological physiotherapy - неврологічна фізіотерапія
27. muscle tightness - м'язова напруга
28. reorganize itself - реорганізовуватися (про мозок)
29. exoskeleton - екзоскелет
30. stimulate the senses - стимулювати органи чуття

Practice the vocabulary online:



QUIZLET

2. Replace the word/phrase with a synonym from the list

awareness	peripheral nervous	store information
brain	system	vegetative nervous
cerebrum	reflex actions	system
exoskeleton	reorganize itself	
muscle tightness	respond	

1. The nervous system helps the body **react** to external stimuli.
2. After the injury, the patient had problems with **storing memories**.
3. The **automatic nervous system** controls heart rate and digestion.
4. **Muscle stiffness** often appears after brain damage.
5. The **outer nervous system** sends signals to and from the body.
6. The **cognitive alertness** of the patient has improved.
7. The brain's ability to **change and reorganize** helps in recovery.
8. A stroke can damage the **thinking and feeling center** of the brain.
9. Patients sometimes use **assistive walking suits** during rehabilitation.
10. The **thinking organ** consists of several major parts.
11. The spinal cord helps perform **automatic body reactions**.

Do this exercise online:



WORDWALL

3. Guess the word for the definition.

A _ _ _ _ _	B _ _ _ _ _	C _ _ _ _ _	D _ _ _ _ _
A part of the nervous system that controls involuntary functions like heartbeat and digestion.	The ability to keep the body upright and stable during movement or stillness.	The largest part of the brain, responsible for thinking, emotions, memory, and voluntary movements.	The brain structure that includes the thalamus and hypothalamus; involved in regulating internal body functions.
E _ _ _ _ _	F _ _ _ _ _	G _ _ _ _ _	H _ _ _ _ _
A wearable robotic device that helps patients with walking or rehabilitation.	The capacity of joints and muscles to move through a full range of motion.	A group of nerve cell bodies located outside the central nervous system that acts as a relay	The process by which the body maintains a stable internal environment

		and processing center for nerve signals.	despite external changes.
I _ _ _ _ _	J _ _ _ _	K _ _ _ _ _ _ _ _ _ _	L _ _ _ _ _
Located inside the body or an organ; relating to inner parts or functions.	A structure where two or more bones meet, allowing movement and flexibility.	A therapeutic method that uses specific movements and exercises to restore physical function.	A strong band of tissue connecting bones and stabilizing joints.
M _ _ _ _ _	N _ _ _ _ _	O _ _ _ _	P _ _ _ _ _
The brain's ability to store, retain, and later retrieve information, experiences, and learned skills.	The system that connects the brain, spinal cord, and nerves to the rest of the body.	A group of tissues working together to perform a specific function in the body.	The part of the nervous system outside the brain and spinal cord, responsible for transmitting signals between the central nervous system and the rest of the body.
Q _ _ _ _ _	R _ _ _ _ _	S _ _ _ _ _ _	T _ _ _ _ _
The standard or level of something, especially how good or valuable it is compared to others.	To react to something that has been said or done; to give a reply or show a reaction, especially in a physical, emotional, or physiological way.	The process of encouraging a physiological or psychological activity or response in the body, especially in nerves or muscles.	A structure connecting muscle to bone.
U _ _ _ _ _	V _ _ _ _ _	W _ _ _ _ _	_ _ _ _ _ X
A vertical position in which the body is standing straight, with the head, shoulders, and spine aligned.	One of the individual bones that form the spinal column, protecting the spinal cord and supporting the body's structure.	A lack of physical strength or muscle power, often resulting from injury, illness, or disuse.	A quick, automatic response to a stimulus, without conscious control.

_ Y _ _ _ _	_ _ _ Z _ _ _	<i>Do this exercise online:</i>
A group of organs, structures, or components in the body that work together to perform specific functions necessary for survival and health.	A sudden, uncontrolled electrical disturbance in the brain that can cause changes in behavior, movements, feelings, or consciousness.	 WORDWALL

READING

15.1.4. Read and listen to the text.

The nervous system

The nervous system is a well-organized part of the body that connects all the parts, controls what's happening inside the body, and helps the body respond to the outside world. It helps with movement, sensing things, feeling emotions, thinking, talking, and keeping the body's internal balance steady.

The nervous system contains the central nervous system and the peripheral nervous system. The brain and the spinal cord are the main parts of the central nervous system. The brain is made up of parts like the cerebrum, cerebellum, diencephalon, midbrain, and medulla. It helps with awareness, emotions, motivation, memory, planning movements, and controlling the body's internal functions like heart rate and digestion. The spinal cord sends messages between the brain and the rest of the body and helps with simple reflex actions, like pulling your hand away from something hot.

The peripheral nervous system consists of the cranial nerves, spinal nerves, and nerve ganglia. It is responsible for sending the signals from the senses to the brain and sending messages from the brain to muscles and glands to make them do their functions.

According to its functioning, the nervous system is divided into the somatic which helps control the voluntary movements of the skeletal muscles, and the vegetative nervous system which controls the internal organs, glands, the heart, blood vessels, breathing and digestive process. It owns two systems such as the sympathetic and the parasympathetic. These two parts work in opposite ways to help keep the body balanced.

The nervous system has four main functions: sensing the environment, processing and storing information, controlling movement, and keeping the body's balance and internal conditions stable.

If the nervous system is damaged from things like injuries, strokes, diseases like Parkinson's or multiple sclerosis, tumors, or infections, it can cause problems like difficulty moving, weak muscles, poor coordination, trouble with thinking or speech, or loss of control over body functions. Neurological physiotherapy can help people recover from nervous system issues. It helps improve their ability to move, reduce muscle tightness, support the brain's ability to reorganize itself, and help them regain control of their body and balance.

Some of the methods used in neurological physiotherapy include:

- doing exercises to move the body and improve balance and coordination
- using electric stimulation to help muscles work better
- training to walk using tools like parallel bars, exoskeletons, or treadmills
- using video or feedback to help with movement
- stimulating the senses to help with feeling and movement
- working on thinking and problem-solving skills, especially after brain injuries.

A physical therapist who specializes in neurological rehabilitation needs to understand the nervous system, assess each person's condition, and know different techniques on how to treat the patients.

5. Answer the questions.

1. What are the main roles of the nervous system in the human body?
2. What are the two main parts of the nervous system and what do they include?
3. What are the main parts of the brain mentioned in the text?
4. What functions does the brain perform according to the text?
5. What is the role of the spinal cord in the nervous system?
6. What is the function of the peripheral nervous system?
7. How is the nervous system divided according to function, and what does each part control?
8. What are the two branches of the vegetative (autonomic) nervous system and what is their role?
9. What are the four main functions of the nervous system listed in the text?
10. What are some common causes of nervous system damage?
11. What problems can occur if the nervous system is damaged?
12. How does neurological physiotherapy help patients with nervous system damage?
13. List at least four techniques used in neurological physiotherapy.

6. Choose the word that doesn't belong:

1. Cerebrum - Cerebellum - Diencephalon - Kidney
2. Brain - Spinal cord - Cranial nerves - Liver
3. Sympathetic - Parasympathetic - Somatic - Skeleton
4. Balance - Coordination - Emotions - Digestion
5. Tendon - Ganglia - Spinal nerves - Cranial nerves
6. Electric stimulation - Exoskeleton - Reflex - Treadmill
7. Awareness - Memory - Planning - Sneezing
8. Speech - Thinking - Walking - Sweating
9. Heart rate - Blood pressure - Motivation - Breathing
10. Multiple sclerosis - Stroke - Fracture - Parkinson's disease
11. Diagnosis - Assessment - Brain reorganization - Muscle stimulation
12. Midbrain - Medulla - Parallel bars - Cerebellum

LISTENING

7. Watch the video “Get to know our nervous system a bit closer”. Choose the correct answer and find out the key word.



- | | |
|--|---|
| 1. What protects the brain?
L. Skin
M. Spine
N. Skull
O. Nerves | 4. What does the brainstem control?
Q. Memory and learning
R. Breathing and heart rate
S. Speaking and writing
T. Muscle strength |
| 2. Which part of the brain is the largest?
B. Cerebellum
C. Brainstem
D. Medulla
E. Cerebrum | 5. How many pairs of spinal nerves are in the peripheral nervous system (PNS)?
O. 31
P. 20
Q. 12
R. 43 |
| 3. Which part of the brain helps with balance and coordination?
T. Frontal lobe
U. Cerebellum
V. Temporal lobe
W. Pons | 6. What part of the neuron receives messages?
K. Axon
L. Soma
M. Nucleus
N. Dendrites |

SPEAKING

8. Discuss the following questions.

1. What do you think would happen if our brain stopped working for a few seconds?
2. If you could see a neuron under a microscope, what do you imagine it looks like?
3. Do you think the nervous system is like a messaging app in the body? Why or why not?

UNIT 16. CARDIOVASCULAR SYSTEM

VOCABULARY

1. Learn the topical vocabulary.

1. cardiovascular system - серцево-судинна система
2. circulate blood - циркулювати кров
3. transport oxygen - транспортувати кисень
4. nutrients - поживні речовини
5. hormones - гормони
6. cells - клітини
7. tissues - тканини
8. remove carbon dioxide - видаляти вуглекислий газ
9. waste products - продукти обміну
10. maintain homeostasis - підтримувати гомеостаз
11. regulate body temperature - регулювати температуру тіла
12. immune defense - імунний захист
13. internal organs - внутрішні органи
14. heart - серце
15. blood vessels - кровоносні судини
16. atria - передсердя
17. ventricles - шлуночки
18. valves - клапани
19. tricuspid valve - тристулковий клапан
20. mitral valve - мітральний клапан
21. aortic valve - аортальний клапан
22. pulmonary valve - легеневий клапан
23. endocardium - ендокард
24. myocardium - міокард
25. epicardium - епікард
26. arteries - артерії
27. veins - вени
28. capillaries - капіляри
29. plasma - плазма
30. blood cells - кров'яні клітини
31. hypertension - гіпертонія
32. heart attack - інфаркт міокарда
33. stroke - інсульт
34. heart failure - серцева недостатність
35. healthy lifestyle - здоровий спосіб життя

36. medical examinations - медичні обстеження
37. health indicators - показники здоров'я
38. coordinated work - скоординована робота
39. fluid connective tissue - рідка сполучна тканина
40. largest artery - найбільша артерія

Practice the vocabulary online:



QUIZLET

2. Can you think of ...?

1. ... 3 types of blood vessels?
2. ... 4 main chambers of the heart?
3. ... 4 heart valves?
4. ... 2 components of blood?
5. ... 4 common heart diseases or conditions?
6. ... 3 functions of the cardiovascular system?
7. ... 3 layers of the heart wall?
8. ... 3 health indicators to monitor?
9. ... 3 organs supported by the cardiovascular system?

Do this exercise online:



WORDWALL

3. Choose the correct term.

Word Bank:

arteries	capillaries	epicardium	heart failure	hypertension
left ventricle	myocardium	plasma	stroke	tricuspid valve

1. A 68-year-old man complains of shortness of breath and swelling in his legs. His diagnosis is chronic _____, which affects his ability to perform physical exercises during rehabilitation.
2. During rehabilitation after a cerebrovascular event, a 72-year-old woman experiences speech difficulties. She is recovering from a _____.
3. The therapist explains that the _____ is the heart chamber responsible for pumping oxygenated blood to the entire body.

4. In anatomy class, students learned that the _____ is the thickest and strongest muscular layer of the heart wall.
5. A patient recovering from a heart surgery learns that the _____, one of the valves in his heart, is now functioning properly after repair.
6. The small blood vessels called _____ are essential for oxygen exchange between blood and tissues during physical therapy.
7. A blood test shows a high percentage of _____, the liquid part of blood that carries hormones and nutrients.
8. A patient with diagnosed _____ is advised to avoid stress and monitor blood pressure during rehabilitation exercises.
9. The therapist explains that the _____ are large blood vessels that carry blood away from the heart under high pressure.
10. During surgery, the doctor gently handled the _____, which is the outer protective layer of the heart.

Do this exercise online:



WORDWALL

READING

 **16.1.4. Read and listen to the text.**

Cardiovascular system

The cardiovascular system is a vital system of the human body that circulates blood, transports oxygen, nutrients, and hormones to cells and tissues, and removes carbon dioxide and waste products. It plays a key role in maintaining homeostasis, regulating body temperature, immune defense, and the coordinated work of internal organs.

The main parts of the cardiovascular system are the following: the heart, blood vessels, and blood.

The heart is a hollow muscular organ located in the chest cavity between the lungs. It has four chambers: the right and left atria and the right and left

ventricles. Valves located between the heart's chambers - including the tricuspid, mitral, aortic, and pulmonary - control the one-way flow of blood.

The heart has a wall made up of three layers: the endocardium, which is the inside layer; the myocardium, which is the thick, muscular middle layer and the strongest part; and the epicardium, which is the outer layer.

Blood vessels come in three types.

- Arteries are thick-walled tubes that carry blood away from the heart. The largest artery is the aorta, which sends blood from the heart to the rest of the body.

- Veins are tubes that bring blood back to the heart. They have thin walls and contain valves that help blood flow in one direction.

- Capillaries are the smallest blood vessels. Their walls are just one layer of cells thick, and this is where blood exchanges substances with the body's tissues.

Blood is a fluid connective tissue made up of plasma and different types of blood cells. Malfunctions in the cardiovascular system can lead to dangerous conditions: hypertension, heart attack, stroke, heart failure. To prevent them, it is important to lead a healthy lifestyle, undergo regular medical examinations, and monitor key health indicators.

Thus, the cardiovascular system is the central system for ensuring the body's vital functions. Its coordinated work ensures the functioning of every cell in our body.

The cardiovascular system is very important for the human body, as it helps move blood throughout the body, bringing oxygen, nutrients, and hormones to cells and tissues, while also removing carbon dioxide and other waste materials. This system is essential for keeping the body balanced, controlling temperature, supporting the immune system, and helping different organs work together smoothly.

5. Answer the questions.

1. What is the main function of the cardiovascular system?
2. What are the three main components of the cardiovascular system?
3. Where is the heart located in the human body?
4. How many chambers does the heart have, and what are they called?
5. What is the function of the heart valves?
6. Name the four heart valves.
7. What are the three layers of the heart wall?
8. What are arteries and what is their function?
9. What is the largest artery in the human body?
10. How do veins differ from arteries?
11. What role do capillaries play in the cardiovascular system?

12. What is blood made of?
13. How can cardiovascular diseases be prevented?

6. Choose the word that doesn't belong:

1. Heart – Lungs – Arteries – Veins
2. Plasma – Red blood cells – White blood cells – Neurons
3. Capillaries – Valves – Arteries – Veins
4. Aorta – Pulmonary valve – Mitral valve – Trachea
5. Myocardium – Endocardium – Epidermis – Epicardium
6. Oxygen – Hormones – Glucose – Carbon dioxide
7. Blood – Plasma – Sweat – Red blood cells
8. Stroke – Heart failure – Diabetes – Hypertension
9. Right atrium – Left atrium – Left ventricle – Liver
10. Body temperature – Immune defense – Coordination of organs – Digestion
11. Healthy lifestyle – Smoking – Medical check-ups – Monitoring health
12. One-way flow – Blood vessels – Heart valves – Reverse circulation

LISTENING

7. Watch the video “Human Circulatory System”. Mark the sentences True or False. Correct the false ones.



1. The heart beats about 1,000 times a day.
2. Blood vessels include only arteries and veins.
3. The left ventricle sends blood directly to the lungs.
4. There are four valves in the human heart.
5. The pulmonary vein carries oxygen-rich blood to the heart.
6. The vena cava carries oxygenated blood to the heart.
7. The right atrium receives blood from different parts of the body.
8. The circulatory cycle repeats after the blood returns from the lungs.

SPEAKING

8. Discuss the following questions.

1. Do you know how to check your pulse? When can your heart beat faster?
2. What is the difference between arteries and veins? Can you name one of each?
3. Can you name some body parts that need oxygen from the blood?

UNIT 17. CARDIAC REHABILITATION

VOCABULARY

1. Learn the topical vocabulary.

1. cardiac rehabilitation - кардіологічна реабілітація
2. comprehensive programme - комплексна програма
3. personalised healthcare - індивідуалізована медична допомога
4. cardiac event - серцево-судинна подія
5. myocardial infarction - інфаркт міокарда
6. stenting - стентування
7. coronary artery bypass grafting - аортокоронарне шунтування
8. recurrent heart attack - повторний серцевий напад
9. quality of life - якість життя
10. active lifestyle - активний спосіб життя
11. restore (fitness) - відновлювати (фізичну форму)
12. endurance - витривалість
13. resistance training - силові тренування
14. stretching - розтяжка
15. educational class - навчальне заняття
16. prescribed medication - призначені ліки
17. blood pressure monitoring - контроль артеріального тиску
18. cholesterol level - рівень холестерину
19. blood sugar - рівень цукру в крові
20. healthy eating - здорове харчування
21. weight control - контроль ваги
22. salt intake - споживання солі
23. psychological support - психологічна підтримка
24. overcome (stress) - подолати (стрес)
25. anxiety - тривожність
26. depression - депресія
27. outpatient basis - амбулаторна форма
28. wearable device - носимий пристрій
29. mortality - смертність
30. physical fitness - фізична форма
31. emotional state - емоційний стан
32. give up (habits) - відмовитися (від звичок)
33. overeating - переїдання

34. stabilisation - стабілізація
35. further actions - подальші дії
36. independent health maintenance - самостійне підтримання здоров'я
37. step towards recovery - крок до відновлення
38. hospital-based rehabilitation - реабілітація в умовах стаціонару
39. video conferencing - відеозв'язок
40. telephone consultation - телефонна консультація

Practice the vocabulary online:



QUIZLET

2. Find the word to each definition.

1. A procedure to widen narrowed arteries using a small tube.
2. Physical ability to perform activities without fatigue.
3. Emotional condition that includes sadness and lack of motivation.
4. A structured movement program to build strength.
5. The process of keeping body weight within a healthy range.
6. Uncontrolled or excessive food consumption.
7. A recurring episode of a heart condition.
8. A plan designed to suit an individual's health needs.
9. A type of device worn to track health indicators.
10. A method of real-time visual communication for remote sessions.

R	E	S	I	S	T	A	N	C	E
O	V	E	R	E	A	T	I	N	G
W	I	B	P	E	R	S	O	N	A
E	I	D	E	P	R	E	S	S	I
I	G	H	T	C	O	N	T	R	O
G	A	N	C	E	R	E	C	U	R
H	N	D	E	U	R	A	N	C	E
T	I	N	G	D	W	T	A	B	L
C	I	N	G	R	A	E	L	B	A
Y	E	L	B	A	R	A	E	W	L

Do this exercise online:



WORDWALL

3. Complete the dialogues with the correct words.

Word Bank:

blood pressure

exercise

psychological

cholesterol

lifestyle

support

complications

myocardial infarction

rehabilitation

endurance

risk

Dialogue 1: Initial Consultation

Doctor: Good morning, Mr. Smith. I see you were recently hospitalized due to a _____.

Patient: Yes, it was a scary experience. I'm still feeling a bit weak.

Doctor: That's completely normal. Now we'll focus on your _____ program to help you recover and avoid future problems.

Dialogue 2: Physical Activity

Physiotherapist: Today we'll begin some light _____ to improve your strength and heart function.

Patient: Will this help me build more _____?

Physiotherapist: Exactly. But we'll go step by step to avoid any strain or _____.

Dialogue 3: Healthy Habits

Nurse: One of the goals of the program is to help you improve your _____.

Patient: I've already started eating better and quit smoking.

Nurse: That's great! We'll also monitor your _____ and _____ levels regularly.

Dialogue 4: Emotional Support

Patient: I've been feeling anxious ever since the heart attack.

Rehabilitation Psychologist: That's very common. We offer _____ as part of the program to help with stress, anxiety, or even depression.

Do this exercise online:



WORDWALL

READING

17.1.4. Read and listen to the text.

Cardiac rehabilitation

Cardiac rehabilitation is a comprehensive, personalised healthcare programme aimed at improving the health of people with heart disease or who have suffered cardiac events such as myocardial infarction, heart surgery, stenting or coronary artery bypass grafting.

The primary goal of cardiac rehabilitation is to reduce the risk of recurrent heart attacks, enhance the patient's quality of life, and facilitate their return to an active lifestyle. The programme is tailored to each individual and includes several key components:

Physical exercises supervised by medical specialists help restore physical fitness, increase endurance, and strengthen the cardiovascular system. This could be walking, cycling, resistance training, yoga or stretching.

Educational classes explaining how the heart works, how prescribed medications work, and why it is important to monitor blood pressure, cholesterol, and blood sugar levels.

Advice on healthy eating, including recommendations on weight control, reducing salt, sugar and unhealthy fat intake, and diabetes prevention.

Psychological support aimed at overcoming stress, anxiety and depression, which often arise after cardiac events.

Before starting the course, the doctor examines the patient to determine their physical capabilities, identify risks and develop a safe programme. The programme usually lasts 8-12 weeks and includes regular classes 2-3 times a week.

Rehabilitation can be carried out in a hospital, on an outpatient basis, or remotely - using video conferencing, mobile applications, telephone consultations, and wearable monitoring devices.

After completing the course, the patient receives instructions on further actions and recommendations for independent health maintenance.

Systematic cardiac rehabilitation produces the following results:

- reduction in the risk of complications and mortality;
- improvement of physical fitness and emotional state;
- giving up harmful habits (smoking, overeating);
- stabilisation of blood pressure, weight, and cholesterol;
- overall improvement in quality of life.

Cardiac rehabilitation is not just treatment, but a step towards a full, healthy life after heart disease.

5. Answer the questions to the text.

1. What is the main goal of cardiac rehabilitation?
2. Which patients are typically recommended to undergo cardiac rehabilitation?
3. Name at least three types of physical activity mentioned in the program.
4. What do the educational classes in cardiac rehabilitation usually explain?
5. What nutritional advice is given to patients during the program?
6. Why is psychological support included in cardiac rehabilitation?
7. How long does a typical cardiac rehabilitation program last?
8. In what settings can cardiac rehabilitation be delivered?
9. What kind of technologies can be used for remote rehabilitation?
10. What happens after the rehabilitation course is completed?
11. What are the key outcomes of systematic cardiac rehabilitation?
12. How does cardiac rehabilitation contribute to the prevention of future cardiac events?
13. What role does monitoring blood pressure and cholesterol play in the program?
14. How is the patient assessed before starting the rehabilitation course?
15. Why is individualisation important in cardiac rehabilitation programs?

6. Mark the sentences True or False and explain why.

1. Cardiac rehabilitation is only for patients who had heart surgery.
2. One of the goals of cardiac rehabilitation is to help patients return to an active lifestyle.
3. Physical activities like resistance training and yoga are not recommended during cardiac rehabilitation.
4. Educational classes include information about medications and monitoring health indicators.
5. Psychological support is excluded from the program because heart disease does not affect mental health.
6. The program usually lasts between 8 and 12 weeks.
7. Rehabilitation can only be done in a hospital setting.
8. Patients receive further instructions after completing the rehabilitation course.
9. The program helps reduce the risk of complications and mortality.
10. Cardiac rehabilitation focuses only on the physical recovery of the patient.

LISTENING

7. Watch the video “Cardiac Rehab for Heart Failure Patients”. Complete the sentences with appropriate words or phrases from the text.



1. Heart failure can make you feel like it's the _____, and it can be a very scary thought.
2. It's such a _____ disease – you don't really understand it until you've got it.
3. When I was _____ with heart failure, I remember going home and thinking, “this is it.”
4. Your heart may seem _____, but you can also help it by actually raising your _____.
5. I wasn't confident in my _____, but I was confident that I wanted to take _____ of the heart failure.
6. Cardiac _____ is a brilliant way to gain more energy and get more from your body.
7. The rehab gym is a safe _____ where cardiac nurses carefully _____ your progress.
8. Most people with heart failure _____ do cardiac rehab – even at home or _____.
9. Cardiac rehab is not a quick fix, but something that becomes _____ and has a big _____ on your future health.
10. You don't have to do it _____; your family, friends, and health professionals are there to _____ you.

SPEAKING

8. Discuss the following questions.

1. What kinds of food help keep the heart healthy?
2. Why do people say “Follow your heart” or “I love you with all my heart”?
3. What is more important: the heart or the brain? Why?

UNIT 18. LUNGS. REHABILITATION OF THE PULMONARY SYSTEM

VOCABULARY

1. Learn the topical vocabulary.

1. lungs - легені
2. pulmonary system - дихальна система
3. gas exchange - газообмін
4. carbon dioxide - вуглекислий газ
5. restore - відновлювати
6. respiratory function - дихальна функція
7. physical endurance - фізична витривалість
8. shortness of breath - задишка
9. chronic disease - хронічне захворювання
10. acute disease - гостре захворювання
11. breathing exercises - дихальні вправи
12. diaphragmatic breathing - діафрагмальне дихання
13. postural drainage - позиційний дренаж
14. sputum - мокротиння
15. inhaler - інгалятор
16. nebulizer - небулайзер
17. breathing control techniques - техніки контролю дихання
18. COPD (chronic obstructive pulmonary disease) - ХОЗЛ (хронічне обструктивне захворювання легень)
19. bronchial asthma - бронхіальна астма
20. fibrosis - фіброз
21. pneumonia - пневмонія
22. inpatient stage - стаціонарний етап
23. outpatient stage - амбулаторний етап
24. home stage - домашній етап
25. monitor - контролювати
26. motivate - мотивувати
27. visual materials - візуальні матеріали
28. hand-held breathing trainer - ручний дихальний тренажер
29. distance rehabilitation - дистанційна реабілітація
30. interdisciplinary cooperation - міждисциплінарна співпраця



Practice the vocabulary online: [QUIZLET](#)

2. Correct the mistake in the sentences.

1. After surgery, the doctor prescribed **distance rehabilitation** to clear the patient's lungs from mucus.
2. To improve muscle strength, the therapist recommended **postural drainage** with weights and resistance bands.
3. The physiotherapist suggested using a **hand-held breathing trainer** to measure blood pressure daily.
4. One common symptom of COPD is **gas exchange**, which makes patients feel tired.
5. The rehabilitation program includes **fibrosis** to reduce anxiety and depression in patients.
6. The patient received **nebulizer** therapy by climbing stairs and doing treadmill workouts.
7. In cases of **shortness of breath**, patients are often advised to avoid all **physical endurance** activities.
8. **Visual materials** such as inhalers or oxygen masks are used to deliver medication.
9. The patient was advised to perform **carbon dioxide** every morning to train their lungs.
10. **Inhaler** is a technique used to clear mucus from the lungs using body position.
11. The physiotherapist monitored the patient's condition during the **home stage** at the hospital.
12. The patient's main problem was related to poor **interdisciplinary cooperation** in breathing control.

Do this exercise online:



WORDWALL

3. Fill in the gaps with the correct words.

Word Bank:

breathing exercises
COPD
diaphragmatic
breathing
hand-held breathing
trainer

interdisciplinary
cooperation
nebulizer
outpatient stage
physical endurance
postural drainage

psychological
support
shortness of breath
visual materials

Case 1. Mr. H., a 67-year-old patient with _____, complains of chronic cough and fatigue. His rehabilitation plan includes deep and _____ techniques to improve his respiratory function.	Case 2. Mrs. L. has difficulty removing sputum after pneumonia. The physiotherapist recommended using _____, where she positions herself to help drain mucus from the lungs.	Case 3. During the _____, Mr. D. attends a clinic three times a week to perform supervised breathing and walking exercises.
Case 4. Ms. O. is recovering from COVID-19 and experiences _____ even during light activity. The therapist introduced walking sessions to improve her _____ gradually.	Case 5. To motivate the patient and reduce anxiety before the procedure, the therapist used _____ such as diagrams and instructional videos.	Case 6. Mr. K. was afraid of using new equipment. The therapist introduced a simple _____ to train his inhalation control and explained everything clearly. Since there is no full team in the clinic, they rely on _____ with nurses and volunteers.

Do this exercise online:



WORDWALL

4. Spelling Test. Scan the QR code, type the correct words and phrases.



WORDWALL

READING

18.1.5. Read and listen to the text.

Lungs. Rehabilitation of the pulmonary system

Lungs play a vital role in the respiratory system, as they allow the body to exchange gases with the environment – taking in oxygen and removing carbon dioxide. Impaired lung function can significantly affect a patient's overall health, so rehabilitation of the pulmonary system is an important part of restorative treatment.

Pulmonary rehabilitation is a set of measures aimed at restoring respiratory function, improving physical endurance, reducing symptoms of shortness of breath, and improving the quality of life of patients with chronic or acute lung diseases. It includes physiotherapy exercises, training in proper breathing, psychological support, and educational work with the patient.

Particular attention should be paid to patients with chronic obstructive pulmonary disease (COPD), bronchial asthma, fibrosis, pneumonia (especially after COVID-19), as well as after lung surgery. Rehabilitation usually takes place in three stages: inpatient, outpatient, and home. At each stage, the rehabilitation specialist must monitor physical activity, observe breathing dynamics, and adapt the program to the patient's condition.

The main methods of rehabilitation are:

- breathing exercises (using deep and diaphragmatic breathing techniques);
- postural drainage to improve sputum removal;
- physical exercises to increase endurance (walking, exercise bike, exercise therapy);
- use of inhalers, nebulizers;
- teaching the patient breathing control techniques for shortness of breath.

It is important for rehabilitation specialists to know that patients often have concomitant cardiovascular diseases, muscle weakness, and psychological problems (anxiety, depression) that can complicate the recovery process. An individual approach to each patient, regular assessment of their condition, and motivation are important.

Rehabilitation specialists can use a number of effective methods to overcome these challenges. First and foremost, it is important to establish trusting communication with the patient, explaining the purpose of each procedure, the expected results, and the importance of active participation in recovery. Motivational talks, the use of visual materials (videos, brochures), and the involvement of relatives in the process help to improve cooperation. If the patient is afraid of physical exertion, a gradual increase in the intensity of exercises and constant monitoring of vital signs are effective. If there are

technical limitations, simple alternative means should be used – balls, ribbons, hand-held breathing trainers. In the absence of a team, interdisciplinary cooperation should be considered, involving nurses, psychologists, or volunteers. It is also worth implementing distance rehabilitation if face-to-face visits are not possible.

Successful pulmonary rehabilitation is only possible with close cooperation between doctors, rehabilitation specialists, patients, and their families. With a professional approach, it is possible to achieve significant improvement in the patient's functional status and return to an active life.

6. Answer the questions.

1. What is the main function of the lungs in the respiratory system?
2. Why is pulmonary rehabilitation considered important in medical treatment?
3. What are the main goals of pulmonary rehabilitation?
4. Name at least three patient groups who require special attention during pulmonary rehabilitation.
5. How many stages does pulmonary rehabilitation usually include, and what are they?
6. What should a rehabilitation specialist monitor during each stage of the program?
7. List three key methods used in pulmonary rehabilitation.
8. What types of breathing techniques are commonly used in pulmonary exercises?
9. What is postural drainage, and why is it important?
10. What types of equipment or tools are mentioned as part of the rehabilitation process?
11. What common health problems can complicate pulmonary rehabilitation?
12. Why is motivation and patient education important in the rehabilitation process?
13. What can be done if a patient is afraid of physical exertion?
14. How can rehabilitation specialists deal with a lack of equipment or team members?
15. Who must cooperate for pulmonary rehabilitation to be truly successful?

7. Fill in the blanks with the correct word(s) from the text:

1. The _____ play a vital role in the respiratory system by exchanging gases with the environment.
2. Pulmonary rehabilitation aims at restoring _____ function and improving physical endurance.
3. Patients with chronic obstructive pulmonary disease are also known by the abbreviation _____.
4. Pulmonary rehabilitation usually occurs in three stages: _____, outpatient, and home.
5. Rehabilitation specialists must monitor physical activity, observe _____ dynamics, and adapt the program accordingly.
6. One of the main methods in pulmonary rehabilitation includes breathing exercises using deep and _____ breathing techniques.
7. _____ drainage is used to improve the removal of sputum from the lungs.
8. Physical exercises such as walking and using an _____ bike help increase endurance.
9. Devices like inhalers and _____ are often used during pulmonary rehabilitation.
10. Psychological problems like anxiety and _____ can complicate the recovery process.
11. Establishing _____ communication with the patient helps improve cooperation.
12. If a patient fears physical exertion, a _____ increase in exercise intensity with monitoring of vital signs is recommended.
13. In case of technical limitations, simple alternative means like balls, ribbons, and hand-held _____ trainers can be used.
14. When a rehabilitation team is unavailable, _____ cooperation involving nurses, psychologists, or volunteers should be considered.
15. Successful pulmonary rehabilitation requires close cooperation between doctors, rehabilitation specialists, patients, and their _____.

LISTENING

8. Watch the video “Pulmonary Rehabilitation”. Mark the sentences True or False. Correct the false ones.



1. People with COPD often experience shortness of breath and fatigue.
2. Pulmonary rehabilitation is usually covered by insurance and can improve quality of life.

3. Pulmonary rehabilitation is a type of medication taken by mouth or inhaled.
4. Most patients with COPD are encouraged to avoid exercise during rehab.
5. The program can reduce feelings of depression and anxiety.
6. Pulmonary rehabilitation is only for people who have never been hospitalized.
7. Pulmonary rehab is done alone without interaction with others.
8. The program includes supervised exercise and breathing techniques.

SPEAKING

9. Discuss the following questions.

1. Why is it hard to breathe after running or climbing stairs?
2. How can we protect our lungs from pollution or viruses?
3. Do you know the names of any lung diseases? What do you know about them?

UNIT 19. SKIN REHABILITATION

VOCABULARY

1. Learn the topical vocabulary.

1. skin rehabilitation - реабілітація шкіри
2. recovery - відновлення
3. injury - травма
4. burn - опік
5. surgical intervention - хірургічне втручання
6. dermatological disease - дерматологічне захворювання
7. skin condition - стан шкіри
8. overall health - загальне здоров'я
9. emotional state - емоційний стан
10. quality of life - якість життя
11. to restore - відновлювати
12. barrier function - бар'єрна функція
13. elasticity - еластичність
14. scarring - утворення рубців
15. appearance - зовнішній вигляд
16. physiotherapy - фізіотерапія
17. massage - масаж
18. medical cosmetology - лікувальна косметологія
19. hardware technologies - апаратні технології
20. laser therapy - лазеротерапія
21. ultrasound - ультразвук
22. restorative agents - відновлювальні засоби
23. to moisturise - зволожувати
24. to protect - захищати
25. sun exposure - вплив сонця
26. to control infection - контролювати інфекцію
27. psychological support - психологічна підтримка
28. emotional stress - емоційний стрес
29. rehabilitation specialist - фахівець з реабілітації
30. dermatologist - дерматолог
31. surgeon - хірург
32. cosmetologist - косметолог
33. comprehensive approach - комплексний підхід
34. skin care products - засоби догляду за шкірою
35. hyaluronic acid - гіалуронова кислота
36. antioxidants - антиоксиданти
37. retinoids - ретиноїди

- 38. chemical peel - хімічний пілінг
- 39. microneedling (micro-injections) - мікронідлінг (мікроін'єкції)
- 40. collagen production - вироблення колагену
- 41. wound care - догляд за ранами
- 42. ultraviolet radiation - ультрафіолетове випромінювання
- 43. nutritional support - харчова підтримка
- 44. regeneration - регенерація

Practice the vocabulary online:



QUIZLET

2. Match the terms with their correct definitions:

Word	Definition
1. antioxidants	A. A visible mark on the skin after a wound has healed
2. collagen	B. The ability of skin to stretch and return to its original shape
3. cosmetic procedure	C. Substances that protect the body from damage caused by free radicals
4. elasticity	D. Active ingredients that help regenerate skin and treat acne or wrinkles
5. infection	E. Time spent under ultraviolet (UV) rays from the sun
6. retinoids	F. A protein that gives the skin strength and structure
7. scar	G. A treatment that improves the appearance of the skin
8. sun exposure	H. The invasion of the body by harmful microorganisms

Do this exercise online:



WORDWALL

3. Complete the sentences with the correct words from the list:

Word Bank:

comprehensive approach
hyaluronic acid
Physiotherapy
restore

Skin rehabilitation
sun exposure
support
wound care

- 1) _____ is important after injuries, burns, or surgeries.
- 2) The main goal is to _____ the skin's barrier function and reduce scarring.
- 3) Patients need to avoid _____ during the healing process.
- 4) _____ and massage are often used to improve skin elasticity.
- 5) Using creams with _____ helps to moisturise the skin.
- 6) Psychological _____ is important, especially if appearance is affected.
- 7) A _____ includes medical, cosmetic, and emotional care.
- 8) Proper _____ reduces infection risk and promotes healing.

Do this exercise online:



WORDWALL

READING

 **19.1.4. Read and listen to the text.**

Skin rehabilitation

Recovery after injuries, burns, surgical interventions or dermatological diseases sometimes include skin rehabilitation. The skin is the largest organ in the human body, and its condition affects the overall health, emotional state and quality of life of the patient.

The goal of skin rehabilitation is to restore its barrier function and elasticity, reduce scarring, and improve appearance. Depending on the type of damage, various methods are used: physiotherapy, massage, medical cosmetology, hardware technologies (e.g., laser therapy or ultrasound), as well as local application of restorative agents.

It is especially crucial to teach people how to take good care of their skin. They should be aware of regular moisturising, avoiding sun exposure, and controlling infections. It is also essential to provide psychological support, as changes in appearance can cause emotional stress.

A rehabilitation specialist should work as part of a team with dermatologists, surgeons and cosmetologists to achieve the best results. A comprehensive approach not only restores the physical condition of the skin but also promotes patient confidence.

Approaches to skin rehabilitation:

- Skincare products: serums, creams and other products containing hyaluronic acid, antioxidants and retinoids help to moisturise, restore and protect the skin.
- Professional procedures: chemical peels, laser treatments, and microneedling (micro-injections) stimulate collagen production and improve skin texture.
- Treatment of the underlying disease: if skin problems are associated with internal pathologies (e.g., endocrine, autoimmune, or metabolic), comprehensive treatment of these conditions is necessary.
- Wound care: in the event of injuries, it is important to clean and dress wounds properly, control infections and create optimal conditions for healing.
- Sun protection: protecting the skin from ultraviolet radiation is essential for preventing further damage and supporting the recovery process.
- Nutritional support: a balanced diet rich in vitamins (especially A, C, E) and minerals (zinc, selenium) has a positive effect on the condition of the skin and its ability to regenerate.

5. Answer the questions.

- 1) What types of medical conditions may require skin rehabilitation?
- 2) Why is the skin considered an important organ in the human body?
- 3) What are the main goals of skin rehabilitation?
- 4) Name at least three methods used in skin rehabilitation.
- 5) Why is it important to teach people proper skincare during rehabilitation?
- 6) What are patients advised to avoid during the healing process?
- 7) How can psychological support help during skin rehabilitation?
- 8) Which specialists should be involved in the rehabilitation process?
- 9) What is the role of a comprehensive approach in skin recovery?
- 10) What ingredients in skincare products help moisturise and protect the skin?
- 11) How do professional procedures like microneedling and laser therapy benefit the skin?
- 12) Why is nutritional support important for skin regeneration?

6. Choose the correct answers.

- | | |
|---|--|
| 1) What is the main purpose of skin rehabilitation? | b. To restore skin's function and appearance |
| a. To reduce body fat | c. To prevent allergies |
| | d. To stimulate hair growth |

2) Which of the following is NOT mentioned as a reason for skin rehabilitation?

- a. Burns
- b. Surgical interventions
- c. Cold weather
- d. Dermatological diseases

3) What does the skin's condition affect, according to the text?

- a. Blood pressure and pulse
- b. Emotional state, health, and quality of life
- c. Sleep patterns only
- d. Muscular strength

4) Which method is used in skin rehabilitation?

- a. Chemotherapy
- b. Massage
- c. Dialysis
- d. Radiation therapy

5) Why is regular moisturising important during rehabilitation?

- a. It prevents muscle pain
- b. It helps restore and protect the skin
- c. It increases blood sugar
- d. It reduces body weight

6) What can emotional stress be caused by during skin rehabilitation?

- a. Physical pain

- b. Changes in appearance
- c. Noise in the hospital
- d. Sleep deprivation

7) Who should a rehabilitation specialist cooperate with?

- a. Teachers and nutritionists
- b. Family members only
- c. Dermatologists, surgeons, and cosmetologists
- d. Pharmacists and engineers

8) Which ingredient is included in skincare products mentioned in the text?

- a. Mercury
- b. Hyaluronic acid
- c. Calcium
- d. Chlorine

9) What do laser treatments and microneedling stimulate?

- a. Fat burning
- b. Collagen production
- c. Hair growth
- d. Nerve reflexes

10) Why is a balanced diet important for skin health?

- a. It prevents aging completely
- b. It helps the skin regenerate and stay healthy
- c. It protects the skin from UV rays directly
- d. It cures all skin diseases instantly

LISTENING

7. Watch the video “How Your Skin Works”. Match collocations from the video. Then complete the sentences.



A	B
get	glands
essential	tissue
outside	barrier
waterproof	barrier
sweat	environment
subcutaneous	burnt

1. The outer layer of the skin forms a _____ that prevents excess water loss from the body.
2. If you stay in the sun too long without protection, your skin can easily _____.
3. _____ help regulate body temperature by releasing moisture when we get too hot.
4. The skin acts as an _____ that protects the body from harmful bacteria and viruses.
5. The _____ lies beneath the skin and stores fat to cushion and insulate the body.
6. Our skin constantly defends us against the _____, including dirt, germs, and temperature changes.

SPEAKING

8. Discuss the following questions.

1. How do you take care of your skin every day?
2. What can cause itching or irritation on the skin?
3. Do you know any natural or home remedies for skin problems?

APPENDIX 1

VIDEO LINKS:

- Unit 2 <https://youtu.be/NGTzKkrkDHo>
- Unit 3 <https://www.youtube.com/watch?v=e0zdoMuRmLU>
- Unit 4 <https://www.youtube.com/watch?v=mzOveJDK7iE>
- Unit 5 <https://www.youtube.com/watch?v=V3NQK6rLajE>
- Unit 6 <https://www.youtube.com/watch?v=kiAGv841G0M>
- Unit 7 <https://www.youtube.com/watch?v=-PqbS4vJ-ac&t=41s>
- Unit 8 https://www.youtube.com/watch?v=z_hDun-YQlw
- Unit 9 <https://www.youtube.com/watch?v=jRzIhanvvVU>
- Unit 10 https://www.youtube.com/watch?v=6_BKeoFXOdo
- Unit 12 <https://www.youtube.com/watch?v=Ae4MadKPJC0>
- Unit 13 <https://www.youtube.com/watch?v=yJoQj5-TIvE&t=22s>
- Unit 14 <https://www.youtube.com/watch?v=VVL-8zr2hk4&t=9s>
- Unit 15 <https://www.youtube.com/watch?v=6O-0CVAgaEM>
- Unit 16 https://www.youtube.com/watch?v=_qmNCJxpsr0
- Unit 17 <https://www.youtube.com/watch?v=bN7P4glqM0M>
- Unit 18 <https://www.youtube.com/watch?v=2MZMoGbf3Ig>
- Unit 19 <https://www.youtube.com/watch?v=yCWclrhsPQ8>

APPENDIX 2

GRAMMAR

BE: Past, Present, Future

Past Simple (positive / negative)		
I he she it	was wasn't	a student. a therapist. ill. interesting.
we you they	were weren't	patients. happy. doctors.

Past Simple (questions)				+	-
Wh-	was	I he she it	a student? a therapist? ill? interesting?	Yes, I was. Yes, he was. Yes, she was. Yes, it was.	No, I wasn't. No, he wasn't. No, she wasn't. No, it wasn't.
	were	we you they	patients? happy? doctors?	Yes, we were. Yes, you were. Yes, they were.	No, we weren't. No, you weren't. No, they weren't.

Present Simple (positive / negative)		
I	am / 'm am not / 'm not	a doctor.
he she it	is / 's is not / isn't	a student. sick. important.
we you they	are / 're are not / aren't	at university. therapist. in hospital.

Present Simple (questions)				+	-
Wh-	am	I	in this room?	Yes, I am.	No, I'm not.
	is	he she it	a therapist? ill? interesting?	Yes, he is. Yes, she is. Yes, it is.	No, he isn't. No, she isn't. No, it isn't.
	are	we you they	patients? happy? doctors?	Yes, we are. Yes, you are. Yes, they are.	No, we aren't. No, you aren't. No, they aren't.

Will-future (positive / negative)		
I	will be	a student.
he	'll be	a therapist.
she		ill.
it	will	interesting.
we	not	patients.
you	won't	happy.
they		doctors.

Will-future (questions)					+	-
Wh-	will	I	be	in this room?	Yes, I will.	No, I won't.
		he			Yes, he will.	No, he won't.
		she		a therapist?	Yes, she will.	No, she won't.
		it		ill?	Yes, it will.	No, it won't.
		we		interesting?	Yes, we will.	No, we won't.
		you		patients?	Yes, you will.	No, you won't.
		they		happy?	Yes, they will.	No, they won't.
				doctors?		

PRACTICE

1. Complete the sentences with the correct form of “to be” (am, is, are, was, were, will be).

- Viktoriia ____ a rehabilitation therapist. (Present)
- The theoretical classes ____ very useful for building practical skills. (Past)
- In the future, she ____ a part of an experienced medical team. (Future)
- The experience in the clinic ____ the most valuable part of her studies. (Past)
- Rehabilitation therapists ____ important for helping patients recover. (Present)
- In a few years, she ____ a highly skilled specialist. (Future)
- During her first year of study, her classes ____ mostly theoretical. (Past)
- Doctors, physiotherapists, and psychologists ____ part of the rehabilitation team. (Present)

2. Use the correct form of “to be” (am, is, are, was, were, will be) to create positive (+), negative (-), or question (?) sentences based on the given prompts.

1. Rehabilitation / an important part of modern education / (Present) (+) → _____
2. Students / trained only in theory / (Past) (-) → _____
3. The educational process / based on medical disciplines / (Present) (?) → _____
4. Practical training / useful for future specialists / (Future) (+) → _____
5. Biofeedback / a part of rehabilitation training / (Past) (-) → _____
6. Students / in rehabilitation centres last year / (Past) (?) → _____
7. Modern rehabilitation / focused on new technologies / (Present) (+) → _____
8. Psychological support / included in the program / (Future) (?) → _____

HAVE/HAS GOT

We use this construction when talking about:

- owning something;
- relationships;
- diseases;
- characteristics (voice, behavior, etc.)

+	I/We/You/They He/She/It	have has	got
–	I/We/You/They He/She/It	have not has not	got
?	Have Has	I/we/you/whey he/she/it	got...?

Examples:

They **have got** a cute cat.

Has he **got** two sisters?

I **haven't got** a terrible headache.

PRACTICE

1. Complete the sentences with the correct form of *have got* or *has got*. Use affirmative (+), negative (–), or question (?) forms.

1. Our medical university _____ a good reputation. (+)
2. She _____ enough practical skills yet. (–)
3. _____ your hospital _____ international recognition? (?)
4. The nursing program _____ a modern curriculum. (+)
5. We _____ an experienced doctor in our department. (+)
6. _____ the students _____ access to clinical training? (?)
7. My friend _____ a diploma from a university abroad. (+)
8. This institution _____ high academic standards. (+)
9. They _____ a postgraduate program in public health. (–)
10. _____ you _____ an entrance exam this year? (?)

2. Complete the text with the correct form of *have got* or *has got*.

Our university ¹ _____ a strong tradition in medical education. It ² _____ private funding – it's a public institution. ³ _____ your department _____ a postgraduate program in public health?

Most students ⁴ _____ access to modern laboratories. However, the pharmacy faculty ⁵ _____ enough practical training yet. The medical curriculum ⁶ _____ subjects like anatomy, physiology, and biochemistry.

Some students ⁷ _____ international recognition for their diplomas. ⁸ _____ you _____ any experience in clinical practice?

Our nursing school ⁹ _____ an experienced teaching team. Unfortunately, it

¹⁰ _____ new equipment this year.

3. Make up questions using following phrases and construction *have/has got*.

rehabilitation	sanatorium	patients	psychological
centre	robotic therapy	physical therapy	support
patient	theoretical training	students	chronic diseases

PLURALS

Nouns in English are divided into countable and uncountable. Countable nouns are used in the singular and plural. Uncountable nouns do not have a plural number.

Most nouns have the plural ending **-s**: book – books, table – tables, pen – pens.

The ending **-es** is added if:

➤ the singular noun ends in **-s, -ss, -sh, -ch, -tch, -x, o**: bus – buses, lunch – lunches, class – classes, watch – watches, bush – bushes, box – boxes, hero – heroes, tomato – tomatoes

NB: piano – pianos; photo – photos

➤ if a singular noun ends in **-y with a preceding consonant**; in this case, **-y changes to -i**: story – stories, fly – flies

➤ in some singular nouns ending in **-f** or **-fe** in the plural, **-f** is changed to **-v** with the addition of the ending **-(e)s**: wife – wives, leaf – leaves, shelf – shelves, wolf – wolves

➤ in many nouns of the same type, the plural is formed according to the general rule of adding the ending **-s** without changing **-f** to **-v**, for example: roof – roofs, chief – chiefs, safe – safes

➤ the plural of some nouns is formed by changing the root vowel (without adding an ending): man – men, woman – women, foot – feet, tooth – teeth, goose – geese, mouse – mice, child – children, ox – oxen

➤ the nouns sheep, deer, swine, fish and the names of some fish species have the same singular and plural form.

NB. The form fishes is used when referring to different types of fish.

➤ in compound nouns, only the main noun takes the plural form: daughter-in-law – daughters-in-law, school-mate – school-mates. If a compound noun is formed from other parts of speech, the plural ending is added at the end of the word: forget-me-not – forget-me-nots, merry-go-round – merry-go-rounds

➤ some nouns in English are used only in the singular, for example: advice, knowledge, information, news, money

➤ nouns that are used only in the plural in English include, as in Ukrainian, names of objects consisting of two equal or similar parts, e.g: tongs, spectacles, trousers, scissors, etc.

PLURALS (LATIN AND GREEK ORIGIN)

There are terms in English that have come to this language from other languages. They are extremely rare in everyday life. They are most often used by people who are engaged in science.

➤ Latin words ending in **-um** are mostly changed to **-a**:

a datum – data

a bacterium – bacteria

➤ If words of Latin origin in the singular end in **-is**, many of them end in **-es**:

a crisis – crises

a hypothesis – hypotheses

➤ If a noun of Greek origin has the ending **-on** in the singular, it will be replaced by **-a** in the plural:

a criterion – criteria

a phenomenon – phenomena

➤ Words of Latin origin with the ending **-a** are added to the plural form with **-e**. Such words retain the Latin plural form, but some can form the regular plural:

a vertebra – vertebrae

a formula – formulae or formulas

NB: diplomas, areas, arenas.

➤ Words ending in **-ix** or **-ex** in the plural form are replaced by **-ices** or added with **-es**:

a matrix – matrices or matrixes

an index – indices or indexes

➤ If the end of the word falls on **-us**, many of them should be changed to **-i**. However, some words can form the regular English plural:

a radius – radii

a cactus – cacti or cactuses

NB: viruses, bonuses, campuses.

PRACTICE

1. Write plural of the following nouns: standard, recommendation, program, epidemic, country, infection, goal, worker, policy, threat, protocol, government, organization, field, level, supply.

2. Complete the sentences with correct form of Latin/Greek nouns.

1. The research paper discusses several _____ (analysis).
2. The museum has multiple _____ (criterion) for judging art.
3. There are many _____ (phenomenon) that scientists still don't fully understand.
4. The new technology addresses the _____ (bacterium) found in contaminated water.
5. Several _____ (thesis) were submitted for the award.
6. The committee took into account all _____ (datum) before making the decision.
7. The conference was attended by prominent _____ (alumnus) of the university.
8. We studied ancient _____ (formula) used in early chemistry.
9. Different _____ (species) of plants were observed in the study.
10. The _____ (appendix) at the end of the book contains additional resources.

3. Read the text below. Some plural nouns are incorrect. Find all the mistakes and rewrite the nouns in their correct plural form.

The World Health Organization (WHO) is a specialized organizations founded by the United Nations. Its primary goals are to improve health leveles worldwide and to set international health policys. WHO coordinates actions to prevent global epidemics and provides technical assistances to countries in need.

WHO conducts many researches and develops scientific recommendation for disease prevention. One important task was the eradication of smallpoxes, a deadly viral infections.

The organization also supports vaccination programs and helps with the vaccine supplys, especially in low-income countrys. WHO works closely with healthcare workers and governments to develop medical policys and treatment protocols.

In the field of global health, WHO facilitates the exchange of information and promotes quality health cares and access to health cares for all people regardless of their income levels.

ARTICLE

In English, nouns are preceded by a special word – the article.

There are two articles in English: the indefinite article and the definite article.

In Ukrainian, there are no articles.

The indefinite article has two forms: **a** and **an**.

The **a** form is used before words that begin with a consonant: **a** woman, **a** good engineer.

An is used before words that begin with a vowel sound: **an** old woman, **an** engineer, **an** hour.

The indefinite article is used only before countable singular nouns.

A/AN	THE	ZERO ARTICLE
1) before singular countable nouns after the phrase there is (there was, there will be), which introduces an object for the first time: There is a map on the wall.	1) with the words when it is clear which thing we mean: There was a door opposite me. I went in and locked the door.	1) with uncountable nouns, abstract nouns, plural nouns: We bought bread, milk, cheese and meat. Everybody needs money.
2) a/an is used for the first mention of the item, followed by “the” for the second mention of item: He sat up and took a wallet out of the inside pocket of his coat. Opening the wallet he pulled some notes out.		2) with meals: to have breakfast.
3) with names of jobs: My friend is an engineer.	3) with the adjectives in the superlative degree: She is the most beautiful girl here.	3) with games and sport, holidays: to play football.
4) with a predicate noun: Odessa is a city.	4) to refer to things that are unique: the sun; the moon; the earth; the sky.	4) with names of people as well as animal and bird names: Tom Brown, John Smith, Victor Pavlenko
5) instead of “one”: a hundred.	5) with ordinal numerals:	5) with days, months, seasons:

	the first; the second; the third.	on Sunday; in December; in autumn.
6) instead of “every” naming units of time: We have 4 classes a day.	6) with musical instruments: play the guitar; play the piano.	6) with languages: English, French but the Chinese language
7) with “few” and “little” in the meaning “some at least”: A few friends.	7) with adjectives, to refer to a whole group of people: the sick; the poor.	7) if the noun is preceded by a possessive, demonstrative, or interrogative pronoun, as well as by a pronoun some, any, no, each, every: my brother; this country; What story?
8)with “piece/ bar/ bottle/ cup/loaf/glass of + uncountable noun: a piece of cake.	8) with decades or groups of years: in the 1980s.	8) in some expressions: by train; by mistake; to take place; to go to bed; from time to time.
9) before singular countable nouns after the word what in exclamatory sentences, as well as after the words such; quite; rather: What a beautiful day!	9) with names denoting the whole family: We will invite the Pavlenkos.	
10) in some expressions: to go for a walk; to have a look; to be in a hurry; for a long time.	10) with names of the parts of the day: in the morning; in the afternoon; in the evening; but at night.	
	11) with names of the parts of the world:	

	the west; the north.	
	12) in some expressions: by the way; on the other hand; at the moment; on the right/on the left.	

ARTICLE AND GEOGRAPHICAL NAMES

THE	ZERO ARTICLE
countries consisting of a common noun (state, republic, kingdom): the United States of America, the United Kingdom of Great Britain and Northern Ireland.	continents, countries, cities and villages: Europe, Poland, Paris but the Netherlands; the Hague
oceans, seas, bays, canals, rivers: the Atlantic Ocean; the Black Sea; the Gulf of Mexico; the English Channel; the Mississippi.	
groups of lakes: the Great Lakes	individual lakes: lake Synevyr
groups of islands: the British Isles;	individual islands: Cuba
mountain ranges: the Urals, the Carpathians, the Alps, the Rocky Mountains,	individual mountains and mountain peaks: Elbrus.
deserts: the Sahara desert	
theaters, cinemas, concert halls, clubs, art galleries, and museums: the Royal Opera House, the National Gallery, the British Museum, the National Art Gallery, the National Gallery of Great Britain.	streets, squares and parks: Whitehall, Oxford Street (streets in London); Trafalgar Square (square in London); Hyde Park (park in London).
organizations and political parties: the Labour Party, the United Nations Organization, the United Nations.	

PRACTICE

1. Complete the sentences with a, an, or the where necessary. Leave the space blank if no article is needed.

1. Emergency medicine is ____ essential part of ____ modern healthcare system.
2. The patient was in ____ critical condition after ____ injury.
3. ____ prompt assistance helped stabilize ____ vital functions.
4. She gave the man ____ first aid before calling for help.
5. ____ rehabilitation specialist worked with the patient after ____ surgery.
6. Recognizing ____ threatening symptom early can save a life.
7. The team checked ____ state of consciousness, breathing, and blood circulation.
8. He suffered from ____ anaphylactic shock and needed immediate care.
9. ____ correct algorithm is crucial during ____ myocardial infarction.
10. Students learn anatomy and physiology during ____ clinical training.

2. Decide if the article in each sentence is correct. Write *true* or *false* and explain.

1. The emergency medical team provided **an** prompt assistance to the injured.
2. She is **a** expert in emergency medicine and rehabilitation.
3. They followed **a** algorithm to perform cardiopulmonary resuscitation.
4. The patient's clinical state was stable after **an** surgery.
5. First aid is **a** critical part of emergency care.
6. The healthcare system includes many constituent parts.
7. Doctors must recognize **an** threatening symptom immediately.
8. The team monitored **the** vital functions during the operation.
9. He suffered **a** anaphylactic shock and required immediate treatment.
10. Clinical practice provides students with **the** essential skills for patient care.

3. Complete the text with articles where necessary.

Rehabilitation is ¹_____ vital and dynamic field within medicine, dedicated to ²_____ restoration of function and improvement of quality of life for individuals affected by illness, injury, or disability. This field goes beyond physical recovery, encompassing ³_____ psychological, social, and vocational aspects of patient care, thereby offering ⁴_____ holistic approach to healthcare. ⁵_____ primary goal of rehabilitation is to help patients regain independence and achieve ⁶_____ highest possible level of functioning. This is achieved through various therapeutic interventions, including physical therapy,

occupational therapy, speech-language pathology, and recreational therapy. Each of these therapies is carefully tailored to meet the specific needs of ⁷ _____ patient, taking into account ⁸ _____ unique challenges posed by their condition. As future healthcare providers, your role in rehabilitation will extend beyond treating physical symptoms. You will be involved in guiding patients through their recovery journey, helping them rebuild their lives and regain confidence in their abilities. This requires not only technical knowledge but also empathy, patience, and ⁹ _____ deep understanding of ¹⁰ _____ human experience of illness and recovery.

4. Choose “the” or “no article”.

1. They visited a village in _____ Andes.
2. They went to _____ Philippines on their honeymoon.
3. _____ Korea is near Japan and China.
4. Have you ever seen _____ Mount Fuji?
5. _____ Azores are a group of islands in the Atlantic.
6. She went to _____ United Kingdom to study English.
7. _____ Australia is a really enormous place.
8. What countries share a border with _____ Norway?
9. _____ Greece gets very, very hot in the summer.
10. She always loved skiing in _____ Alps.
11. He used to work in _____ India.
12. We went to Ireland and stayed in _____ Dublin.
13. She comes from _____ Netherlands.
14. I often go on holiday to _____ Canary Islands.
15. They loved visiting _____ Spain.

ADJECTIVE

There are positive, comparative and superlative degrees of adjectives in English.

The comparative and superlative degrees in English are formed in two ways:

- by adding suffixes;
- by using special words.

For one syllable adjectives and two syllable adjectives ending in **-le, -y, -er, -ow**, degrees of comparison are formed by adding suffixes: **-er** for the comparative degree, **-est** for the superlative degree:

short – shorter – the shortest

heavy – heavier – the heaviest

clever – cleverer – the cleverest
simple – simpler – the simplest
narrow – narrower – the narrowest

For most two-syllable adjectives and all multi-syllable adjectives special words are used to form degrees of comparison: **more/less** for the comparative degree, **most/least** for the superlative degree:

dangerous – more dangerous – the most dangerous

Irregular adjectives:

good-better-the best
bad-worse-the worst
little-less-the least
far- farther, further-the farthest, furthest

Use comparative degree while comparing two things, usually with **than**: **She is younger than Helen.**

To emphasize the comparative degree, use the words much, far, significantly, still: **This film is much better.**

Use definite article the with the superlative degree: **the highest mountain.**

When comparing items of equal quality, the adjective is used in its basic form, placed between **as...as**: **February was as cold as January.**

Spelling changes:

- if an adjective ends in a silent -e, it is omitted before the endings -er, -est (large-larger-the largest);
- if one-syllable adjective ends in a single consonant preceded by a short vowel sound, the final consonant is doubled (hot-hotter-the hottest);
- if an adjective ends in the letter -y with a preceding consonant, then -y changes to -i (dirty-dirtier-the dirtiest).

PRACTICE

1. Make comparative and superlative degrees of the following adjectives.

fine	new	safe
tired	strong	important
fit	creative	high
effective	healthy	broad
kind	quick	active

2. Fill in the blanks with the correct form of the adjective in brackets (positive, comparative, or superlative):

1. After three weeks of treatment, the patient's leg is much _____ than before. (strong)
2. The exercises became _____ as the patient's mobility improved. (active)
3. Among all the patients, Mr. Brown has the _____ joint stiffness. (severe)
4. She felt _____ today than yesterday after completing her therapy. (tired)
5. This is the _____ movement for her shoulder. (painful)
6. His walking is now _____ than it was last month. (stable)
7. In the morning, the muscles are usually _____. (stiff)
8. The elderly woman is one of the _____ in the rehabilitation group. (weak)
9. The therapist chose a _____ routine for the patient to reduce tension. (comfortable)
10. Stretching exercises make the spine _____ over time. (flexible)

3. Complete the dialogue with appropriate adjectives.

Physiotherapist: Good morning! How are you feeling today?

Patient: Good morning, doctor. Honestly, I'm feeling ¹_____ (**bad**) than yesterday. The pain in my lower back is becoming ²_____ (**strong**) and ³_____ (**uncomfortable**).

Physiotherapist: I'm sorry to hear that. Is the pain sharp or dull? And is it constant or comes and goes?

Patient: It's a dull pain, but it gets ⁴_____ (**sharp**) when I move. Sitting is ⁵_____ (**easy**) than standing, but walking is ⁶_____ (**hard**).

Physiotherapist: I see. Let's begin with a gentle physical examination. Please lie down on a ⁷_____ (**comfortable**) couch.

Patient: Thank you. I had a similar problem last year, but this time it feels ⁸_____ (**intense**).

Physiotherapist: Your muscles seem ⁹_____ (**tight**) than usual. Your right side is slightly ¹⁰_____ (**swollen**) than the left. But the good news is, your overall condition is ¹¹_____ (**good**) than many patients I've seen with similar symptoms.

Patient: That's reassuring. I'm trying to be ¹²_____ (**active**), but the pain makes it difficult.

Physiotherapist: That's understandable. A regular exercise routine, even a simple one, could help. I'll show you a few of ¹³ _____ (**easy**) but ¹⁴ _____ (**effective**) stretches.

Patient: That would be great. I just want to feel ¹⁵ _____ (**healthy**) and ¹⁶ _____ (**flexible**).

Physiotherapist: And you will. You're already ¹⁷ _____ (**aware**) of your posture and body than some of my ¹⁸ _____ (**young**) patients. That's a very good start.

Patient: Thank you. You're much ¹⁹ _____ (**encouraging**) than my previous therapist.

Physiotherapist: I'm glad to hear that! ²⁰ _____ (**Important**) thing is consistency. ²¹ _____ (**Soon**) we start, ²² _____ (**quick**) you'll feel better.

PRONOUN

Personal pronouns: I, you, we, they he, she, it.

Possessive adjectives (are used with noun): my, your, our, their, his, her, its.

Possessive pronouns (are used without noun): mine, yours, ours, theirs, his, hers, its.

Reflexive pronouns *myself, yourself, himself, herself, itself, ourselves, yourselves, themselves* are used:

- with some verbs: *I taught **myself** to play the guitar.*
- in a situation when the subject and object of the sentence are the same person or thing: *She looked at **herself** in a mirror.*
- with verbs, e.g.: **enjoy, blame, help, hurt, behave, dress:** *He **hurt himself** in the accident.*
- to emphasize that the activity is performed by the person themselves, i.e. without help, e.g.: *He repaired the bike **himself**.*

Demonstrative pronouns *this, that, these, those* are used as a subject in demonstrative sentences, e.g.: **This** is my brother, Andrew. **These** are my children.

Indefinite pronouns are used when we:

- describe unidentified person/people: *someone/somebody, anyone /anybody, no one/nobody, everyone/everybody;*
- describe unidentified thing: *something, anything, nothing, everything;*
- describe unidentified place: *somewhere, anywhere, nowhere, everywhere.*

The rules of usage for indefinite pronouns are the same as for **some, any, no** and **every**:

- **some** - in affirmative sentences and in questions that are suggestions, proposals or polite questions;
- **any** - in questions and negatives;
- **no** - in negatives.

NB: Everyone/everybody, everything always take a verb in third person singular, e.g.: Everyone likes Tom. Everything was prepared for our arrival.

PRACTICE

1. Choose the correct personal pronoun. Use: I, you, he, she, it, we, they.

1. My sister visits the psychotherapist every month. ____ says it helps her mental health.
2. My friends and I follow a balanced diet and do regular physical activity. ____ care about our physical well-being.
3. My grandfather goes for regular medical examinations. ____ always wants to prevent disease.
4. This article gives unverified advice. Don't trust ____.
5. Hello, Anna! Do ____ try to maintain health by getting enough sleep?
6. John and Peter don't sleep enough and eat too much sugar. ____ don't realize the risks of excessive consumption.
7. I usually feel tired in the morning. ____ think it's because of lack of sleep.
8. Hi, doctor! Can ____ tell me more about psychological hygiene and mental well-being?
9. Maria is a very healthy person. ____ never practices self-medication and always consults specialists.
10. My classmates and I took a course on health literacy. ____ learned a lot about how to prevent disease.

2. Select the correct word to complete each sentence: possessive adjective or possessive pronoun.

1. I always try to eat healthy and stay active. This is **mine/my** way of maintaining good health.
2. This isn't your bottle of water – it's **hers/her**.
3. He forgot to take **his/him** medicine this morning.
4. She goes to therapy regularly. That decision is **hers/her**.
5. We follow **our/ours** doctor's recommendations very carefully.
6. They understand the importance of prevention. That's why **their/theirs** health is improving.

7. This guide on psychological hygiene belongs to me. It's **mine/my**.
8. Does this diet plan belong to you? Yes, it's **my/mine**.
9. She always prioritizes **her/hers** mental well-being.
10. These aren't their results – they're **ours/our**.

3. Choose the correct possessive adjective or possessive pronoun. Use: my, your, his, her, its, our, their, mine, yours, his, hers, its, ours, theirs.

1. I forgot to bring _____ water bottle to the fitness class.
2. This yoga mat isn't mine – is it _____?
3. He takes vitamins daily to support _____ immune system.
4. Linda changed her diet completely, and now _____ skin looks healthier.
5. We booked an appointment for a group check-up. The idea was entirely _____.
6. That isn't your appointment card – it's _____.
7. The dog injured _____ paw during the walk, so we had to visit the vet.
8. They always bring healthy snacks to work. Those habits are definitely _____.
9. She avoids self-medication and always follows _____ doctor's advice.
10. You should get enough sleep – neglecting _____ rest will affect your mental health.

MANY/MUCH/FEW/LITTLE

To say “a lot” (of something), we use the word “**many**” for countable nouns and “**much**” for uncountable nouns. For example, **many tablets**, but **much medicine**. To express “some” or “a small amount”, we use “**a few**” with countable nouns and “**a little**” with uncountable nouns. On the other hand, “**few**” and “**little**” emphasize a small quantity.

E.g.: *You may take some apples. I have **a few**. I cannot lend you money. I have **little**.*

NB! When asking “How much?” or “How many?”, we also depend on the noun type. Use “How many” with countable nouns (e.g., patients) and “How much” with uncountable nouns (e.g., air).

PRACTICE

1. Complete the sentences using *few* or *little*.

1. The students had _____ knowledge about microscopic elements before studying biomedical science.
2. _____ blood vessels can be damaged during improper dissection procedures.
3. We observed _____ unusual pathological changes during the autopsy.
4. The therapist recommended _____ changes to the patient's individualized rehabilitation program.
5. There is _____ understanding of how certain functional disorders affect the body's normal functioning.
6. _____ students struggled to identify the correct anatomical landmarks.
7. Only _____ time was available for analyzing macroscopic structures.
8. _____ therapeutic interventions are based on topographic anatomy.
9. The lecture provided _____ helpful information about the applied value of comparative anatomy.
10. The surgeon encountered _____ complications during the opening of the abdominal cavity.
11. The research group proposed _____ new methods of exposure for patients with structural disorders.
12. Although we had _____ information, we managed to describe the internal structure of the organ.

2. Complete the questions using *much* or *many*.

1. How _____ anatomical landmarks do students need to learn for the practical exam?
2. How _____ time do you usually spend on studying functional anatomy?
3. How _____ nerve pathways are involved in voluntary muscle control?
4. How _____ knowledge of comparative anatomy is required for this test?
5. How _____ blood vessels can be seen in the macroscopic structure of the heart?
6. How _____ information do you have about topographic anatomy?
7. How _____ dissections have you done during your anatomy course?
8. How _____ training is needed to identify pathological changes in tissues?
9. How _____ clinical cases include structural disorders?

10. How _____ material is covered in the course on systemic anatomy?
11. How _____ complications may occur after improper therapeutic intervention?
12. How _____ effort does it take to develop a good rehabilitation program?

MODAL VERBS

Modals express duty, necessity, possibility, ability, offer, permission, request etc. They:

- Don't have endings -s, -ing, -ed
e.g. *She **must** study. Not: She musts study.*
- After modal verbs infinitive is used without particle to (except for have to, ought to)
e.g. *He **may** be ill. She ought to listen to you.*
- In interrogative forms, the modal verb is placed before the subject; in negative forms, the particle not is used after the modal verb.
e.g. ***Can** I talk to you? He **couldn't** speak.*
- They do not have tense forms and can refer to the present or future.
e. g. *You **can** call now. (present)*
*You **can** call tomorrow. (future)*

We use CAN to talk about:

- abilities: *I can run very fast. (= I am able to run fast.)*
- permission: *OK, you can take the car tonight. (= OK, you're allowed to take the car tonight.)*
- assumption (in a negative form): *They can't be at home. (= I'm sure they are not at home.)*

We use COULD to talk about:

- abilities in the past: *She could swim when she was five.*
- a polite request: *Could you help me?*
- request for permission: *Could I borrow your tennis racket?*
- assumption concerning the present situation: *He could be one of the local team players. (= It's possible he is one of the local team players.)*
- past possibility: *He could have been at the party, but I didn't see him.*

We also use this structure to say that something was possible in the past but didn't happen.: *He could have gone to university, but he didn't work hard enough.*

We use MUST to talk about:

- necessity or internal imperative: *You **must** be on time.* (= You have to be on time. / It's necessary for you to be on time.)
- assumption bordering on certainty: *They **must** be at the stadium.* (= I'm sure they are at the stadium). *They **must have been** at the wedding - they showed me some photographs.*

We use the modal verb MUSTN'T to talk about:

- prohibition: *You **mustn't** use your hands in a football match.* (= You are not allowed to use your hands in a football match.)

We do NOT use **must** to talk about past obligations, we use **had to**: *We **had to give** in our report at the end of the day.*

We use HAVE TO/NEED to express:

- necessity or external imperative: *I **had to** practise a lot before the competition. To qualify for the semi-finals, they will need to beat the German team.*
- lack of necessity or order: *I **didn't have to** practise a lot before the competition. You **don't have to** play today if you don't want to. We **didn't need to** pay much for renting a canoe.*

To express lack of necessity or order, we can also use the modal verb **NEEDN'T**: *You **needn't buy** the expensive bike.* (= You don't have to/need to buy the expensive bike.)

We use modal verbs MAY/MIGHT to talk about:

- assumption concerning the present: *The man **might** be a boxer.* (= It's possible that the man is a boxer.)
- assumption concerning future: *They **may** win the game tonight.* (= It's possible they will win the game tonight.)
- a polite request for permission: ***May** I leave early, sir?* (= Do you mind if I leave early, sir?)
- past assumption: *He **may/might** have gone to a tennis club. He had his sports bag with him.*

We use SHOULD/UGHT TO/HAD BETTER to talk about:

- duty/obligation: *I **should/ought to** work out more often to keep fit. I **should have worked out** more before the competition.*

- advice or recommendation: *You **should/ought to** practise your backhand more. You **should/ought to** have practised your backhand more before the match.*
- criticism: *You **shouldn't/ought not to** have taken this turning. We're going the wrong way!*

We use HAD BETTER (NOT) to give advice and warning in particular situations: *You'd better answer the phone! You'd better not be late or he'll be angry. There is no past form.*

We use the modal verb SHALL to:

- suggest doing something together with someone else: ***Shall** we play tennis this afternoon?*
- suggest doing something for someone else: ***Shall** I get you something to drink?*

We use the modal verb WILL to express:

- a request: ***Will** you show me how to play baseball? (= Can you show me how to play baseball?)*

We use the modal verb DARE to:

- express courage (or a lack of it) to do something: *No one **dare** tell him that bad news. I **daren't** go home – my parents will be furious!*

PRACTICE

1. Choose the correct modal verb in each sentence. Only one is correct.

1. In anatomy, you (**have to/can't**) use precise directional terms to describe body structures.
2. The anatomical position (**must/can't**) be memorized to understand terms like “anterior” and “posterior”.
3. A body part (**has to/mustn't**) be described due to another point.
4. We (**can/have to**) use “ventral” instead of “anterior” when talking about animals.
5. Students (**mustn't/can't**) say the epidermis is deep to the subcutaneous layer – that would be incorrect.
6. The term “proximal” (**can/must**) describe a point closer to the torso.
7. Beginners (**can/has to**) make mistakes when learning medial and lateral.

8. You **(must/can't)** say the ears are anterior to the nose – that's incorrect.
9. The midline **(has to/can)** divide the body into left and right sides.
10. Professionals in biomedical science **(must/mustn't)** be accurate when using anatomical terms.

2. Find and correct 7 mistakes in the text.

The anatomical position must to be used as a standard reference to describe the location of body parts, regardless of how the body is actually positioned. In this posture, a person have stand upright with arms at the sides, palms facing forward, and feet together. Medical professionals can to use terms like *medial*, *lateral*, *proximal*, *distal*, *ventral*, and *dorsal* to clearly describe anatomical directions. These terms shoulded be applied consistently to avoid errors in diagnosis or surgery planning. The descriptions do not must change even if the patient is lying down or sitting, which helps maintain clarity across various clinical situations. Healthcare workers has to rely on this shared anatomical “language” to communicate precisely across professions and borders. Without it, critical information coulds be misunderstood during treatment or rehabilitation planning.

3. Complete the text with the correct form of: *have to / has to / don't have to / doesn't have to / must / mustn't / can / can't*.

The Body and Its Rules

The human body is an amazing system made up of many organs that work together to keep us alive. To stay healthy, we ¹ _____ **(necessary)** take care of all our body systems, especially the circulatory and respiratory systems. The heart ² _____ **(necessary)** pump blood continuously to deliver oxygen and nutrients throughout the body – it never stops.

To maintain good health, we ³ _____ **(necessary)** eat a balanced diet and exercise regularly. We ⁴ _____ **(not allowed)** smoke, because it damages both the lungs and blood vessels. Our muscles ⁵ _____ **(necessary)** work properly for us to move, breathe, and even speak. That's why we ⁶ _____ **(necessary)** include physical activity in our daily routine.

The brain controls the nervous system and ⁷ _____ **(necessary)** receive signals from different parts of the body every second. You ⁸ _____ **(not necessary)** be a doctor to understand the basics of how the human body functions. Everyone ⁹ _____ **(necessary)** know how to take care of their body to prevent illness and injury.

We ¹⁰ _____ **(possible/allowed)** improve our immune system by sleeping well, eating vegetables, and staying active. Children ¹¹ _____ **(not possible)** always explain what they feel, so adults ¹² _____

(**necessary**) pay attention to early symptoms. You ¹³ _____ (**not necessary**) go to the gym – even walking or stretching daily ¹⁴ _____ (**possible/allowed**) be helpful. The human body ¹⁵ _____ (**possible/allowed**) heal itself in many cases, but it still ¹⁶ _____ (**necessary**) be supported with proper care.

PRESENT SIMPLE

<u>I/YOU/WE/THEY:</u>	<u>HE/SHE/IT:</u>
I do my homework every day.	He does his homework every day.
Do I do my homework every day?	Does he do his homework every day?
I do not do my homework every day.	He does not do his homework every day.

Time markers: *every day, today, in the evening, always, often, sometimes, usually etc.*

- repeated or continuous action in relation to the present time;
- action that characterizes the subject continuously during the present period of time;
- action that does not depend on human will;
- action that occurs at the moment of speech (with verbs that are not used in the continuous tense);
- future action in subordinate clauses of time and purpose;
- planned future action with verbs of motion.

SPELLING CHANGES

Most verbs add **-s** in the 3rd person singular

If a verb ends in **-s, -ss, -ch, -sh, -x, or -o**, we add **-es**

If a verb ends in a **vowel + y**, we add **-s**

If a verb ends in a **consonant + y**, we change the **-y** to **-i** and add **-es**

make-makes, answer-answers, ask-asks

mix-mixes, rush-rushes, do-does, catch-catches

pay-pays

try-tries

cry-cries

PAST SIMPLE

I/YOU/WE/THEY/HE/SHE/IT:

I **did** my homework yesterday.

Did I **do** my homework yesterday?

I **did not do** my homework yesterday.

Time markers: *yesterday, day before, last week/month/year, week/month/year ago, in 2012 etc.*

- a single or completed action in the past;
- a sequence of actions in the past;
- a repeated or habitual action in the past.

SPELLING CHANGES	
Most verbs add -ed	talk-talked, cook-cooked
If a verb ends in -e or -ee , we add -d	live-lived, agree-agreed, close-closed
If a verb ends in a vowel + consonant , and the final syllable is stressed, the final consonant is doubled (except for 'x' and 'w').	stop-stopped, occur-occurred, nod-nodded but fix-fixed, allow-allowed
If a verb ends in a vowel + y , we add -ed	play-played, stay-stayed
If a verb ends in a consonant + y , we change the -y to -i and add -ed	dry-dried, study-studied

FUTURE SIMPLE

I/YOU/WE/THEY/HE/SHE/IT:

I **will do** my homework tomorrow.

Will I **do** my homework tomorrow?

I **will not do** my homework tomorrow.

Time markers: *tomorrow, day after, next month etc.*

- an action that will happen once, regularly, or permanently in the future;
- a decision at the moment of speaking (Julie: There's no milk. John: Really? In that case, I'll go and get some);
- a prediction based on opinion (I think the Conservatives will win the next election):

- a future fact (The sun will rise tomorrow);
- For promises / requests / refusals / offers (I'll help you tomorrow, if you like).

PRACTICE

1. Complete the sentences with the correct form (positive or negative) of the verbs in the box.

support contain help include give connect surround protect form

1. Inorganic salts don't _____ *contain* _____ collagen – that's part of the organic material.
2. Ligaments _____ bones and _____ with movement.
3. The appendicular and axial skeletons _____ muscles – they only _____ them.
4. Collagen and inorganic salts _____ the basic structure of bone tissue.
5. Calcium and phosphorus _____ bones their strength and hardness.
6. Long bones _____ bone marrow, where blood cells are produced.
7. Cartilage and ligaments _____ organs the way the rib cage does.

2. Put the words in the correct order to make questions.

1. move / do / the skeleton / in different directions / joints / allow?
Do joints allow the skeleton to move in different directions?
2. injury / prevent / cartilage / ligaments / physical activity / do / and?
3. strong / make / bones / dense / do / calcium / and phosphorus?
4. reduce / help / appear / and / skull / weight / air-filled bones / do / in the?
5. outer layer / long bones / cover / compact tissues / do / the?
6. form / the spine / do / vertebrae / adult skeleton / in the?

3. Write he/she/it form of the verbs.

1. Consist *consists* 2. change 3. make 4. surround 5. call 6. lie 7. divide 8. serve 9. understand 10. use 11. stop 12. happen

4. Complete the case with the verbs in the box. Use present simple in the correct form.

become hold feel make get advise cause be limit recommend
have hurt connect slow

Case 1	Case 2
An old lady ¹ ___ problems with her axial skeleton. Her spine ² ___ up the body well, and she ³ ___ pain near the vertebrae. The compact tissue in her long bones ⁴ ___ weaker because she ⁵ ___ enough calcium and phosphorus. The cartilage in her joints gets thinner, which ⁶ ___ stiffness and ⁷ ___ movement. Doctors ⁸ ___ a customized recovery plan to help prevent injury and improve metabolism.	A boy has an injury in his appendicular skeleton. He ⁹ ___ his humerus and scapula during a fall. The ligaments around his shoulder joint ¹⁰ ___ properly, so movement ¹¹ ___ difficult. His bones still ¹² ___ blood inside the bone marrow, but the injury ¹³ ___ down recovery. The doctor ¹⁴ ___ rest and a customized recovery plan to protect organs and support healing.

5. Complete the conversation.

Rehabilitation Specialist: Hello! How ¹_____ you feel today? ²_____ your skeletal system hold up the body well after the injury?

Patient: Not really. My spine and joints ³_____ support movement like before.

Rehabilitation Specialist: That happens sometimes. The bones consist of organic material, like collagen, and inorganic salts such as ⁴_____ and phosphorus. This combination makes ⁵_____ strong.

Patient: I understand. ⁶_____ cartilage surround the joints to protect them?

Rehabilitation Specialist: Yes, it ⁷_____. Cartilage and ligaments ⁸_____ bones and help with smooth movement. Your ⁹_____ also serve to stabilize the joints.

Patient: What ¹⁰_____ the customized recovery plan include?

Rehabilitation Specialist: It ¹¹_____ exercises that help make the appendicular skeleton stronger and improve metabolism. We also call for proper nutrition to support bone healing.

Patient: Thank you. I understand and will follow the ¹²_____ carefully.

6. Write past form of the following verbs.

include
help
keep
attach

find
work
break
affect

make
do
mean
lead

7. Put the verbs in brackets into the correct form of the past simple.

1. The patient _____ (**stand**) upright during the balance training session.
2. The therapist _____ (**support**) the joints to reduce lumbar pain.
3. Electrical stimulation _____ (**help**) the skeletal muscles contract and create force.
4. The doctor _____ (**treat**) tendonitis with manual therapy and ultrasound therapy.
5. The patient _____ (**experience**) myofascial discomfort before starting kinesiotherapy.
6. The recovery plan _____ (**include**) dry needling and taping to avoid re-injury.
7. The specialist _____ (**teach**) the patient how to use the body properly after post-surgical muscle weakness.

8. Complete the sentences with the verbs in box. Use correct form of the past simple.

hold include feel begin contract teach give help control stand

1. The patient _____ during the balance training.
2. Unfortunately, the therapist _____ the joints properly in the last session.
3. The skeletal muscles _____ well during electrical stimulation?
4. The cardiac muscle _____ relaxed after ultrasound therapy.
5. The doctor _____ movement correctly to avoid re-injury.
6. The patient _____ to experience lumbar pain before starting manual therapy.
7. The kinesiotherapy _____ reduce myofascial discomfort?
8. The recovery plan _____ taping and dry needling.

9. The damaged muscles _____ joint movement properly during therapy.
10. The specialist _____ soft tissue work to treat tendonitis.

9. Complete the story with the correct form of the verbs in brackets in the correct form of the past simple.

Last month Mark Johnson ¹ _____ (**suffer**) a right knee injury during a competitive match. He ² _____ (**not/warm up**) properly before the game, which increased the risk of injury. When he ³ _____ (**sprint**) to reach the ball, he suddenly ⁴ _____ (**twist**) his knee and ⁵ _____ (**not/manage**) to stay upright. He ⁶ _____ (**fall**) to the ground and ⁷ _____ (**not/can**) continue playing. The team doctor ⁸ _____ (**examine**) him immediately but ⁹ _____ (**not/confirm**) the exact injury on the field. The next day, Mark ¹⁰ _____ (**visit**) a physiotherapist. The therapist ¹¹ _____ (**diagnose**) a ligament sprain? Yes, along with some muscle breakdown around the joint. Mark ¹² _____ (**not/expect**) the injury to be serious, but the swelling and pain ¹³ _____ (**not/go away**) quickly. The specialist ¹⁴ _____ (**not/recommend**) surgery, but ¹⁵ _____ (**create**) a recovery plan with manual therapy, taping, and electrical stimulation. Mark ¹⁶ _____ (**start**) therapy but ¹⁷ _____ (**not/feel**) comfortable during the first sessions. He ¹⁸ _____ (**complete**) all exercises without difficulty? No, he ¹⁹ _____ (**struggle**) with balance training and ²⁰ _____ (**not/tolerate**) dry needling at first. He also ²¹ _____ (**receive**) ultrasound therapy, which ²² _____ (**help**) the soft tissues relax, but he ²³ _____ (**not/recover**) full movement right away. The physiotherapist ²⁴ _____ (**remind**) Mark to avoid re-injury and not to put too much weight on the knee. Mark ²⁵ _____ (**follow**) this advice and slowly ²⁶ _____ (**improve**) his muscle tone. He now continues kinesiotherapy sessions and learns how to use the body properly. Full recovery ²⁷ _____ (**not/happen**), but his condition improves every week.

PRESENT CONTINUOUS

<u>I:</u>	<u>YOU/WE/THEY:</u>	<u>HE/SHE/IT:</u>
I am doing my homework now.	You are doing your homework now.	He is doing his homework now.
Am I doing my homework now?	Are you doing your homework now?	Is he doing his homework now?
I am not doing my homework now.	You are not doing your homework now.	He is not doing his homework now.

Time markers: *now, at the moment etc.*

- an action happening at the moment of speaking;
- a long action taking place during the present period;
- a long action happening at the same time as another present action;
- a planned future action (with verbs of movement).

BE GOING TO

+	?	–
I'm going to go on holiday next week.	Am I going to go on holiday next week?	I'm not going to go on holiday next week.
He's going to go on holiday next week.	Is he going to go on holiday next week?	He's not going to go on holiday next week.
You're going to go on holiday next week.	Are you going to go on holiday next week?	You're not going to go on holiday next week.

Be going to is commonly used in informal styles. **Be going to** consists of the present continuous of the verb **go** (I'm going, you are going, etc.) + **to-infinitive** form of the main verb.

When the main verb is **go**, we can exclude it if we want: *I'm **going** shopping this afternoon.* (=I'm **going to go** shopping this afternoon.). *We **are going** to Cyprus next summer.* (=We **are going to go** to Cyprus next summer.)

We use **be going to**:

- to talk about something that we **see** is going to happen (there is present evidence): *Don't drive like a crazy man. We're going to have an accident!*
- for intentions or plans (decisions taken before the moment of speaking): *We are going to have a drink after work. Do you want to come?*
- with future time expressions (tomorrow, next week, etc.): *We are going to play cards tonight.*

PAST CONTINUOUS

<u>I/HE/SHE/IT:</u>	<u>YOU/WE/THEY:</u>
I was doing my homework yesterday at 5 p.m.	You were doing your homework yesterday at 5 p.m.
Was I doing my homework yesterday at 5 p.m.?	Were you doing your homework yesterday at 5 p.m.?
I was not doing my homework yesterday at 5 p.m.	You were not doing your homework yesterday at 5 p.m.

Time markers: *at 5 p.m., at this time etc.*

- an action that was happening at a particular time or over a period of time in the past.

FUTURE CONTINUOUS

<u>I/YOU/WE/THEY/HE/SHE/IT:</u>
I will be doing my homework at this time tomorrow.
Will I be doing my homework at this time tomorrow?
I will not be doing my homework at this time tomorrow.

Time markers: *at 5 p.m., at this time etc.*

- an action that will be in progress at a specific time or over a certain period in the future.

PRACTICE

1. Write the *-ing* form of the verbs.

connect	<u>connecting</u>
control	_____
help	_____
send	_____
own	_____
damage	_____
make	_____
cause	_____
improve	_____
stimulate	_____

2. Complete the sentences with the verbs in brackets.

1. Usually the brain controls body functions, but right now it _____ **(trigger)** a strong emotional reaction.
2. I usually walk without help, but this week I _____ **(train)** with a walker in physiotherapy.
3. The therapist usually gives advice, but now she _____ **(demonstrate)** exercises for better balance.
4. I usually respond quickly to hot objects, but today I _____ **(react)** more slowly.
5. Usually I don't think much about my body, but now I _____ **(notice)** every small movement.
6. Usually the nervous system works quietly, but today it _____ **(send)** strange signals.
7. We often do breathing exercises, but at the moment we _____ **(do)** something different.
8. Usually the physiotherapist explains the process, but today he _____ **(focus)** on electric stimulation.
9. The patient normally moves slowly, but this time he _____ **(move)** much faster.
10. My brain usually stores information easily, but today it _____ **(struggle)** with memory tasks.

3. Find and correct the mistakes. There are mistakes in five sentences.

1. The doctor is checking the patient's spinal nerves right now.
2. We is doing exercises to improve balance during the session.
3. The nurse are helping the patient with reflex training.
4. I am feel muscle tightness in my legs today.
5. They are using an exoskeleton for walking therapy now.
6. My brain is reorganize itself after the injury.
7. The therapist am stimulating the senses at the moment.

**4. Complete the questions with the correct form of the words in brackets.
Use Present Simple or Present Continuous.**

Example:

Do you go to the clinic every week?

Are you going to the rehabilitation centre at the moment?

1. _____ your brain usually _____ (**process**) information easily?
2. _____ the central nervous system _____ (**help**) the body with reflex actions right now?
3. _____ you often _____ (**keep**) your internal balance well?
4. _____ the cerebellum _____ (**control**) voluntary movements at the moment?
5. _____ the physiotherapist _____ (**check**) your cranial and spinal nerves today?
6. _____ the patient usually _____ (**respond**) to sensory stimulation?
7. _____ you _____ (**feel**) muscle tightness during exercises now?
8. _____ the cerebrum normally _____ (**support**) memory and awareness?
9. _____ your brain _____ (**reorganize**) itself after the injury?
10. _____ you usually _____ (**have**) neurological physiotherapy once a week?
11. _____ the therapist _____ (**use**) an exoskeleton in this session?
12. _____ the peripheral nervous system _____ (**send**) the signals correctly right now?
13. _____ your brain _____ (**stimulate**) the senses to improve movement during therapy?
14. _____ the diencephalon usually _____ (**control**) internal conditions in the body?

15. _____ you _____ **(notice)** any reflex actions during the current test?

5. Complete phone conversations using the prompts below.

📞 Conversation 1: Patient – Receptionist

A: Hello. This is Anna Melnyk. Is Dr Ivanenko available today?

B: Good morning. Dr Ivanenko / work, but at the moment he / examine a patient with a peripheral nervous system disorder. Can I take a message?

📞 Conversation 2: Nurse – Doctor

A: Hi, Dr Kravchenko. This is Oksana from Neuro Ward. You / come to assess the patient with impaired reflex actions?

B: Hello. Yes, I'm on my way, but right now I / review MRI scans of the cerebrum. I'll be there in about 15 minutes.

📞 Conversation 3: Patient – Neurological physiotherapist

A: Hello. This is Andrii Fediv. I have an appointment today for neurological physiotherapy. Is the session still on?

B: Hi Andri. Yes, your session is at 2:30. We / focus on balance and stimulating the senses today. Please come on time.

📞 Conversation 4: Nurse – Nurse

A: Hello, Olena? You / monitor the patient with issues in the vegetative nervous system?

B: Yes, I am. I / just adjust the medication. The sympathetic system / seem overactive again.

A: Okay, let me know if you need support with the vitals.

📞 Conversation 5: Doctor – Nurse

A: Good morning. This is Dr Levchuk. Are the spinal nerves being tested in Room 6?

B: Yes, Doctor. We / currently do the reflex check and / document muscle tightness.

A: Great. I'll join you in 10 minutes.

📞 Conversation 6: Patient – Nurse

A: Hello. This is Olha Fedorenko. I / feel dizziness and I think I / lose balance. Is it a nervous system problem?

B: Hello, Olha. That could be connected to the cerebellum. Would you like to come in today for a quick neurological check?

Conversation 7: Doctor – Medical Assistant

A: Hello, Inna. Is the patient with medulla damage ready for the CT scan?

B: Hi, Doctor. Not yet. We / still observe his breathing and heart rate.

A: Okay. Please inform me as soon as he / be stable enough to move.

6. Complete the sentences with the correct form of *be going to*. Use the verbs in brackets.

1. She _____ (**have**) neurological physiotherapy next week.
2. They _____ (**test**) the patient's spinal nerves today.
3. I _____ (**become**) more aware of my body signals.
4. We _____ (**stimulate**) the senses during the session.
5. He _____ (**process**) the information better after the treatment.
6. The nurse _____ (**use**) the exoskeleton with the new patient.
7. You _____ (**respond**) faster to reflex tests after more training.
8. The doctor _____ (**explain**) how the cerebellum controls movement.

7. Fill in the blanks with the correct form of the verb (Present Continuous or *be going to*).

Dr. Petrenko: Hi, Dr. Hrynko. You ¹ _____ (**review**) the patient's scans right now?

Dr. Hrynko: Yes, I am. The injury has affected the cerebrum and part of the diencephalon. He ² _____ (**not/respond**) well to visual stimulation at the moment.

Dr. Petrenko: That's what I expected. We ³ _____ (**start**) neurological physiotherapy this week. The team ⁴ _____ (**prepare**) a plan focused on balance and memory recovery.

Dr. Hrynko: Good. We ⁵ _____ (**use**) sensory stimulation techniques?

Dr. Petrenko: Absolutely. And we also ⁶ _____ (**consider**) using an exoskeleton for gait training. The physiotherapist already ⁷ _____ (**work**) with him on basic reflex actions.

Dr. Hrynko: That's a good sign. I think he ⁸ _____ (**improve**) gradually if we keep stimulating the nervous system consistently.

Dr. Petrenko: Let's hope so. I ⁹ _____ (**monitor**) his cognitive progress closely over the next few days.

8. Make the sentences with the prompts and the correct form of the verb in the box. Use past continuous.

do check recover run play learn live sleep talk walk

1. The doctor / the patient's health indicators when the blood pressure rose suddenly.
2. She / up the stairs when her cardiovascular system started circulating blood faster.
3. They / medical examinations when the therapist found signs of heart failure.
4. He / in the park when his heart began transporting oxygen too quickly.
5. The child / outside when the body started regulating body temperature.
6. The patient / when the tricuspid valve stopped working properly.
7. I / to the doctor when she explained how veins were returning blood to the heart.
8. We / about the heart when the teacher mentioned the role of the myocardium.
9. She / after surgery when her arteries began working better.
10. The man / a healthy lifestyle when he had a heart attack.

9. Complete the case with the correct form of the verbs in brackets. Use past simple or past continuous.

Last week, a 56-year-old woman ¹ _____ (**visit**) her doctor because she ² _____ (**feel**) unwell and tired. She ³ _____ (**know**) that her symptoms could be signs of hypertension.

While the nurse ⁴ _____ (**check**) her blood pressure, the woman ⁵ _____ (**talk**) about her lifestyle. The reading was high, and the doctor ⁶ _____ (**explain**) that her cardiovascular system ⁷ _____ (**be**) under stress.

She ⁸ _____ (**ask**) if high blood pressure could damage the heart and arteries, but she ⁹ _____ (**realise**) it could also affect the internal organs. She ¹⁰ _____ (**take**) any medication at that time? No, she ¹¹ _____ (**take**) anything and ¹² _____ (**do**) any medical check-ups for years.

While they ¹³ _____ (**perform**) more tests, her health indicators ¹⁴ _____ (**show**) serious risk. The nurse ¹⁵ _____ (**monitor**) her closely, and the doctor ¹⁶ _____ (**decide**) to keep her in hospital.

10. Complete the story with the correct form of the verbs in brackets.

A Day at the Cardiac Centre

Yesterday, I ¹ _____ (visit) the local cardiac centre for a check-up. I ² _____ (feel) a bit weak and sometimes short of breath. The nurse ³ _____ (ask) me if I ⁴ _____ (have) any other symptoms, like chest pain or dizziness, but I ⁵ _____ (have) any.

While I ⁶ _____ (wait) for my test, I saw many patients in the waiting area. Some of them ⁷ _____ (talk) to each other. One man ⁸ _____ (wear) a heart monitor. A woman ⁹ _____ (speak) – she looked nervous. Soon, the cardiologist ¹⁰ _____ (call) me into the room. He ¹¹ _____ (examine) me and said, “Your cardiovascular system ¹² _____ (work) well, but we need to check your blood pressure and do an ECG.” I ¹³ _____ (expect) to have tests that day, but I ¹⁴ _____ (agree).

While I ¹⁵ _____ (lie) on the bed, the nurse ¹⁶ _____ (prepare) the equipment. She ¹⁷ _____ (explain) that the ECG ¹⁸ _____ (measure) electrical signals from the heart. Everything ¹⁹ _____ (seem) normal.

Next week, I ²⁰ _____ (return) for a stress test. I ²¹ _____ (come) alone – my sister will go with me.

“You ²² _____ (exercise) before the test?” the doctor asked.

“No,” I said. “But I ²³ _____ (start) soon!”

I also ²⁴ _____ (plan) to make changes in my lifestyle. I ²⁵ _____ (eat) healthier food and walk more. If I don’t, I might ²⁶ _____ (develop) heart disease in the future.

PASSIVE VOICE

If the subject of the sentence is the object of the action, the verb (predicate) is used in the passive voice: *This letter **was written** yesterday.*

All tense forms of the passive voice in English are formed using the appropriate tense of the auxiliary verb **to be** and **the past participle** of the main verb.

➤ The Present, Past, and Future Simple Passive is formed **with the auxiliary verb to be in the Present, Past, or Future Indefinite tense and the past participle of the main verb**: *The letter **is written** every day. The letter **was written** yesterday. The letter **will be written** tomorrow.*

➤ The Present, Past Continuous Passive is formed **with the auxiliary verb to be in the Present, Past Continuous tense and the past participle of the**

main verb: *The letter **is being written** now. The letter **was being written** when I came in.*

The Future Continuous tense is not used in the passive voice.

➤ The Present, Past, and Future Perfect Passive is formed using the appropriate form of the **auxiliary verb have (has / had / will have)**, followed by **been** and the **past participle of the main verb**: *The letter **has been written**. The letter **had been written** before she arrived. The letter **will have been written** by tomorrow.*

➤ The Future Indefinite-in-the-Past Passive and Future Perfect-in-the-Past Passive are formed in the same way as the Future Indefinite Passive and Future Perfect Passive, but the auxiliary verb **would** is used instead of will: *She said the letter **would be written** soon. She said the letter **would have been written** by Monday.*

➤

	PRESENT	PAST	FUTURE	FUTURE- IN-THE- PAST
SIMPLE	is written	was written	will be written	would be written
CONTINUOUS	is being written	was being written	—	—
PERFECT	has been written	had been written	will have been written	would have been written

➤ In interrogative sentences, the auxiliary verb is placed before the subject: *Where **was this book published**?*

➤ In negative sentences, the particle not is placed after the auxiliary verb: *This book **was not published** last month.*

➤ The tense forms of the passive voice are used according to the same rules as the corresponding tenses of the active voice.

We can use the construction **HAVE SOMETHING DONE** when we want to say something is done by someone else at your request. When using **have something done**, we need to use the **correct form of the verb have + object + past participle**: *I'm **having my car repaired** at the moment.*

PRACTICE

1. Underline the correct alternative.

1. The cardiologist *monitors* / *is monitored* the patient's blood pressure carefully.
2. A stress test *was performing* / *was performed* during the last consultation.
3. Patients *attend* / *are attended* group sessions to receive psychological support.
4. A personalised healthcare plan *is developing* / *is developed* for each individual.
5. The nurse *explained* / *was explained* how to use the wearable heart monitor.
6. We *checked* / *were checked* the patient's cholesterol level yesterday.
7. Prescribed medication *is taking* / *is taken* daily with meals.
8. They *gave* / *were given* advice on overcoming anxiety and depression.
9. The doctor *was discussing* / *was being discussed* the benefits of resistance training.
10. Aortic stenting *was recommending* / *was recommended* after the cardiac event.
11. She *monitors* / *is monitored* her salt intake and blood sugar at home.
12. A comprehensive programme *helped* / *was helped* many patients restore fitness.
13. The patient *was following* / *was being followed* a low-salt diet during rehab.
14. The educational class *started* / *was started* at 9 a.m. by the physiotherapist.
15. They *provide* / *are provided* with tools for independent health maintenance.

2. Rewrite the sentences in the passive.

1. Specialists monitor the patient's respiratory function every day.
2. The doctor prescribed a nebulizer for her bronchial asthma.
3. They use breathing control techniques during the inpatient stage.
4. The therapist taught him diaphragmatic breathing.
5. A nurse explains postural drainage to the patients.
6. The rehabilitation team restored his physical endurance after pneumonia.
7. The physiotherapist recommends breathing exercises at the home stage.
8. The clinic provided visual materials for COPD patients.
9. The program motivates patients to use a hand-held breathing trainer.
10. Doctors diagnosed fibrosis after several tests.
11. We monitor carbon dioxide levels in the pulmonary system.

12. They organized distance rehabilitation for chronic disease patients.
13. The specialist demonstrates how to clear sputum effectively.
14. He used an inhaler during the acute stage of the disease.
15. The team encourages interdisciplinary cooperation.

3. Fill in the gaps using *have something done*.

1. She usually _____ (**check/skin condition**) by a dermatologist.
2. They _____ (**do/laser therapy**) to reduce scarring.
3. He _____ (**treat/burn**) after the accident.
4. The patient _____ (**do/physiotherapy**) to restore elasticity now.
5. We _____ (**apply/restorative agents**) to protect support skin recovery after injury.
6. She _____ (**do/massage**) when the doctor entered the room.
7. He _____ (**improve/appearance**) with medical cosmetology last year.

GRAMMAR REVIEW

1. Choose the correct variant (A, B, C, D).

1. Medical universities in Ukraine ____ modern and well-equipped.
A) is B) are C) be D) was
2. Most students ____ lectures five days a week.
A) has B) is having C) have D) having
3. We ____ modern laboratories at our university.
A) have got B) has got C) got D) was got
4. The World Health Organization collects health-related _____ from all over the world.
A) datum B) datas C) data D) date
5. The main goals of WHO ____ disease prevention and health promotion.
A) is B) be C) are D) being
6. Several new _____ were built in the medical district last year.
A) criteria B) criterions C) criterion D) criterium
7. ____ emergency room was very busy last night.
A) A B) An C) The D) –
8. Rehabilitation plays ____ important role in patient recovery.
A) the B) a C) an D) –
9. A physiotherapy room is usually ____ than a surgery room.
A) small B) more small C) smaller D) the smallest
10. Among all therapists, she communicates with patients ____.

- A) more effectively B) most effectively C) effective D) most effective
11. This patient forgot to bring ____ medical documents.
A) he B) his C) him D) theirs
 12. There isn't ____ equipment in the physiotherapy room today.
A) many B) few C) any D) some
 13. A physiotherapist ____ explain the correct body position.
A) can B) mustn't C) may to D) have to
 14. Patients ____ follow the doctor's recommendations.
A) should B) are able C) have to D) must
 15. The skeleton ____ the body and protects organs.
A) supports B) is supporting C) support D) supported
 16. He ____ his leg during the football match last week.
A) break B) broke C) breaks D) breaking
 17. The patient ____ to regain sensation in her hands.
A) tries B) tried C) was trying D) trying
 18. During the examination, the doctor ____ the patient's heart rate.
A) was checking B) checked C) checks D) is check
 19. An ECG ____ by the cardiologist yesterday.
A) was performed B) performed C) is perform D) was perform
 20. Laser therapy ____ to reduce scarring.
A) use B) is used C) is using D) used

2. Open the brackets.

1. _____ (**Hospital**) in large _____ (**city**) are equipped with new _____ (**technology**).
2. The _____ (**curriculum**) includes various medical subjects.
3. The _____ (**datum**) are analysed to improve patient care.
4. According to the World Health Organization, the _____ (**criterion**) for medical education are strict.
5. _____ (**A/An/The**) patient with chest pain was quickly taken to the emergency room.
6. _____ (**A/An/The**) scope of rehabilitation is becoming broader every year.
7. She had a _____ (**good**) recovery with regular physical therapy sessions.
8. _____ (**A/An/The**) occupational therapist works closely with a physiotherapist to support recovery.
9. The massage therapist gave the patient _____ (**gentle**) treatment after surgery.
10. _____ (**I**) study anatomy because it helps me understand the human body.

11. _____ (**They**) muscles are stronger after regular physiotherapy sessions.
12. _____ (**Much/Many**) of the disease prevention depends on early diagnosis.
13. _____ (**Little/Few**) students know the standard anatomical position well.
14. Medical students _____ (**can/must/have to**) learn the names of all muscles and bones.
15. Physiotherapists _____ (**can/must/have to**) help improve posture and coordination.
16. _____ (**You**) understanding of the anatomical position is essential for studying anatomy.
17. Musculo-skeletal physiotherapy _____ (**help**) patients recover mobility.
18. The nervous system _____ (**control**) all voluntary and involuntary actions.
19. Heart rehabilitation _____ (**improve**) patients' cardiovascular health.
20. Doctors _____ (**use**) advanced techniques in skin rehabilitation.
21. The physiotherapist _____ (**treat**) many patients with musculo-skeletal injuries.
22. The clinic _____ (**introduce**) new equipment for heart rehabilitation.
23. We _____ (**start**) pulmonary rehabilitation for several patients next week.
24. The rehabilitation team _____ (**work**) on a new program for nervous system recovery.
25. While the patient _____ (**receive**) pulmonary rehabilitation, the doctor monitored their progress.
26. Many patients _____ (**treat**) with physiotherapy after bone fractures.
27. Pulmonary rehabilitation _____ (**provide**) by specialized healthcare professionals.
28. Heart rehabilitation programs _____ (**design**) to improve cardiac function.
29. Skin injuries _____ (**treat**) using advanced restorative techniques.
30. Musculo-skeletal injuries _____ (**assess**) before starting physiotherapy.

APPENDIX 3

IRREGULAR VERBS

Infinitive (Base form)	Past Simple	Past Participle	Ukrainian translation
arise	arose	arisen	виникати
begin	began	begun	починати
break	broke	broken	ламати, розбивати
bring	brought	brought	приносити
build	built	built	будувати
buy	bought	bought	купувати
catch	caught	caught	ловити, зловити
choose	chose	chosen	вибирати
come	came	come	приходити
cost	cost	cost	коштувати
cut	cut	cut	різати
deal	dealt	dealt	мати справу
do	did	done	робити
draw	drew	drawn	малювати, тягнути
drink	drank	drunk	пити
drive	drove	driven	керувати (транспортom)
eat	ate	eaten	їсти
fall	fell	fallen	падати
feel	felt	felt	відчувати
find	found	found	знаходити
forget	forgot	forgotten	забувати
get	got	got/gotten (AmE)	отримувати
give	gave	given	давати
go	went	gone	йти, їхати
grow	grew	grown	рости
have	had	had	мати
hear	heard	heard	чути
keep	kept	kept	тримати, зберігати
know	knew	known	знати
leave	left	left	залишати, йти
let	let	let	дозволяти
lose	lost	lost	губити
make	made	made	робити, виготовляти
mean	meant	meant	означати

meet	met	met	зустрічати
pay	paid	paid	платити
put	put	put	класти
read	read /red/	read /red/	читати
ride	rode	ridden	їздити верхи, кататися
run	ran	run	бігти
say	said	said	казати
see	saw	seen	бачити
sell	sold	sold	продавати
send	sent	sent	надсилати
show	showed	shown	показувати
sit	sat	sat	сидіти
sleep	slept	slept	спати
speak	spoke	spoken	говорити
spend	spent	spent	витрачати
stand	stood	stood	стояти
swim	swam	swum	плавати
take	took	taken	брати
teach	taught	taught	навчати
tell	told	told	розповідати
think	thought	thought	думати
understand	understood	understood	розуміти
wear	wore	worn	носити (одяг)
win	won	won	вигравати
write	wrote	written	писати

APPENDIX 4

MODULE 1. TRAINING VARIANT

I. True/False

1. Training includes medicine, therapy, anatomy, and other related subjects.
2. Training doesn't include practice in clinics and centres.
3. Medical education in Ukraine does not include practical training in hospitals.
4. Many medical programs in Ukraine are taught in English.
5. Primary goal of the WHO is to achieve the greatest health level around the world.
6. All hospitals in Ukraine are fully equipped and do not face any budget issues.
7. Rehabilitation specialists don't need to know how to act in emergencies.
8. Rehabilitation is a part of the healthcare system aimed at restoring a person's functional capabilities after illness, injury, or surgery.
9. Physical therapy is closely connected with other professions like occupational therapists and sports doctors.
10. A physiotherapy cabinet is a space where patients undergo procedures designed to restore or enhance the body's functional state using natural and physical factors.
11. Self-medication is a safe and effective way to treat most illnesses.
12. All branches of anatomy have the same focus and purpose.
13. Anatomical terms change depending on whether a person is sitting, lying, or moving.
14. Cell is the basic structural and functional unit of life.
15. An adult's skeleton has about 106 bones that are all connected by joints, ligaments, and cartilage.
16. Lumbar pain, cervical spine pain, post-injury or post-surgical muscle weakness, ligament sprains, injuries from sports and others are rare muscular problems.
17. The nervous system contains the central nervous system and the peripheral nervous system.

18. The heart, blood vessels, and blood are the main parts of the cardiovascular system.
19. The primary goal of cardiac rehabilitation is to limit physical activity and prevent patients from returning to an active lifestyle.
20. Psychological support is an important part of skin rehabilitation.

II. Matching

1	occupational therapy	A	фізична витривалість
2	public health	B	бар'єрна функція
3	viral infection	C	громадське здоров'я
4	cutting-edge technologies	D	черепний
5	external bleeding	E	комплексний підхід
6	comprehensive approach	F	груднина
7	physical endurance	G	вірусна інфекція
8	to enhance	H	гнучкість
9	health literacy	I	покращувати
10	relative position	J	ерготерапія
11	cranial	K	верхній
12	ligament	L	відносне положення
13	scarring	M	усвідомлення
14	sternum	N	зовнішня кровотеча
15	avoid re-injury	O	утворення рубців
		P	кровоносні судини
		Q	зв'язка
		R	передові технології
		S	уникати повторного ушкодження
		T	медична грамотність

III. Insert the missing words or phrases in each case.

Word Bank: *surgeon, ultrasound, rehabilitation specialist, chronic disease, clinic, stabilize, stop bleeding, stroke, referral, coordination, standard posture, quality of life.*

Case 1: Acute Stroke Treatment	Case 2: Chronic Disease Rehabilitation
---------------------------------------	---

A 65-year-old patient was admitted to the ¹ _____ after experiencing sudden weakness and speech difficulties. An urgent ² _____ of the carotid arteries revealed a significant blockage, confirming a diagnosis of ³ _____. The medical team quickly coordinated with a ⁴ _____ to evaluate the need for intervention. Immediate efforts were made to ⁵ _____ caused by a ruptured vessel. Due to the complexity of the case, a ⁶ _____ to a specialized stroke center was arranged for advanced care.	A patient with a long history of ⁷ _____ was admitted for long-term care. The primary goal was to ⁸ _____ their condition and prevent further complications. A ⁹ _____ was assigned to develop a personalized recovery program. Emphasis was placed on teaching the patient to maintain a ¹⁰ _____ during daily activities. Close ¹¹ _____ between the medical team and the patient ensured progress. Ultimately, the focus was on improving the patient's ¹² _____ through comprehensive rehabilitation.
---	--

IV. Read the text and do tasks after it.

Manual physical therapy is a specialized form of physical therapy in which the diagnosis and treatment of the disorders of various etiology is carried out through hands-on intervention. In manual therapy, practitioners use their hands to put pressure on muscle tissue and manipulate joints in an attempt to decrease back pain caused by muscle spasm, tension and joint dysfunction. Manual therapy is practiced by people within various health care professions, including Physiotherapists, Massage Therapists, Occupational Therapists, Chiropractors / Osteopaths, and more.

Manual physical therapy techniques are aimed at relaxing tense back muscles and restricted joints in order to decrease back pain and increase flexibility. In general, the following types of movement are employed in MT techniques:

- Soft tissue work, including massage, which applies pressure to the soft tissues of the body, e.g. the muscles. This helps to relax muscles, increase circulation, break up scar tissue, and ease pain in the soft tissues.
- Mobilization/manipulation, which uses measured movements of varying speed (slow to fast), force (gentle to forceful), and distances (called

‘amplitude’) to twist, pull, or push bones and joints into position. This helps to loosen tight tissues around a joint, reduces pain in a joint and surrounding tissue, and increases flexibility.

Such limitations as inadequate joint mobility and range of motion in certain musculo- skeletal conditions can cause discomfort, pain, and an alteration in function, posture, and movement. Manual physical therapy involves restoring mobility to stiff joints and reducing muscle tension in order to return the patient to more natural movement without pain. Thus, manual physical therapy may provide back pain relief both for patients with chronic back pain involving joint problems, such as sacroiliac joint dysfunction, joint dysfunction in lateral, central stenosis and spondylolisthesis, sacroiliac syndrome in post-operative low back pain and acute back pain from soft tissue injuries such as a back muscle strain or a pulled back ligament. Contraindications are e.g. osteopenia, advanced arthropathies, spinal anomalies, using anticoagulant drugs, vascular disorders, pregnancy, neoplastic lesions of the spine, ribs, and pelvis, tuberculosis, osteoporosis, inflammatory conditions (rheumatoid arthritis, ankylosing spondylitis, septic arthritis), healing fracture or dislocation.

True/False:

1. Manual therapy always involves high-force techniques to manipulate joints.
2. Manual physical therapy can only be performed by physiotherapists.
3. Mobilization techniques aim to increase flexibility by loosening tight tissues around joints.
4. Patients with sacroiliac joint dysfunction may benefit from manual therapy.
5. Manual therapy is safe for patients taking anticoagulant drugs.

Multiple Choice:

6. Which of the following is *not* a goal of soft tissue work in manual therapy?

- A) Breaking up scar tissue B) Decreasing joint dislocation
C) Increasing circulation D) Easing soft tissue pain

7. Which factor is *not* involved in measured mobilization techniques?

- A) Speed B) Amplitude C) Duration D) Force

8. Manual physical therapy can be used to treat all of the following conditions *except*:

- A) Spondylolisthesis B) Sacroiliac syndrome
- C) Rheumatoid arthritis D) Acute back muscle strain

9. Which of the following is a *contraindication* for manual therapy?

- A) Post-operative low back pain B) Osteoporosis
- C) Joint dysfunction D) Muscle tension

10. What is a common result of restricted joint mobility and range of motion?

- A) Improved blood flow B) Increased appetite
- C) Altered posture and movement D) Faster healing of fractures

V. Open the brackets.

1. Medical universities in Ukraine _____ (**be**) modern and respected.
2. The _____ (**alumnus**) of Ukrainian medical schools work worldwide.
3. Emergency medicine is _____ (**a/an/the**) vital part of the healthcare system.
4. Physiotherapy is one of _____ (**effective**) methods of restoring movement.
5. The physiotherapist's clinic is _____ (**small**) than the hospital but more personalized.
6. _____ (**You**) understanding of the anatomical position is essential for studying anatomy.
7. _____ (**Many/Much**) bones form the human skeleton.
8. _____ (**Few/Little**) is known about the long-term effects of this condition.
9. You _____ (**can/have to/must**) know the correct position of organs in the abdominal cavity.
10. The skeleton _____ (**support**) the body and protects internal organs.
11. The patient _____ (**complete**) pulmonary rehabilitation last year.
12. The cardiovascular system _____ (**transport**) blood throughout the body.

13. Patients _____ (**undergo**) musculo-skeletal physiotherapy this month.
14. The therapists _____ (**prepare**) skin rehabilitation sessions during the workshop two days ago.
15. The nervous system _____ (**study**) extensively in medical education.

VI. Watch the video and choose correct variant.



1. What is the main purpose of cardiac rehabilitation?

- A) To help patients recover and return to a full life after heart problems
- B) To replace medication after heart surgery
- C) To diagnose heart conditions early
- D) To prevent the need for surgery

2. Why does Amelia talk to the nurse about starting cardiac rehab?

- A) She wants to learn how to do her medication correctly
- B) She is unsure about what cardiac rehab involves
- C) She needs help with surgery recovery exercises
- D) She is worried about having enough time and energy for the program

3. Which of the following is NOT mentioned as a way to access cardiac rehab support?

- A) In-person classes
- B) Telephone support
- C) Group therapy sessions with psychologists
- D) Remote video calls

4. How does the rehab team help Amelia before she starts the program?

- A) They give her a strict diet plan to follow
- B) They set goals based on activities she enjoys and provide lifestyle advice
- C) They schedule daily exercise without personal input
- D) They provide medication to improve heart function

5. What benefit does George mention about attending the rehab program?

- A) He feels better physically and mentally
- B) He no longer needs medication
- C) He avoids all hospital visits
- D) He has stopped all physical activity

6. Which of the following best describes George's rehab experience?

- A) He only attends classes online
- B) His program is the same for every patient
- C) He feels isolated because no one else has similar experiences
- D) His rehab is personalized to his needs and can be attended in person or online

7. What role do information leaflets play in the rehab program?

- A) They replace all direct contact with health professionals
- B) They help patients understand their heart condition and lifestyle changes
- C) They provide entertainment during rehab sessions
- D) They are only for patients who cannot attend in person

8. After completing her rehab program, Amelia:

- A) Feels unsure about managing her heart condition
- B) Has stopped following medical advice
- C) Is better able to manage and live well with her heart condition
- D) Regrets attending the program

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