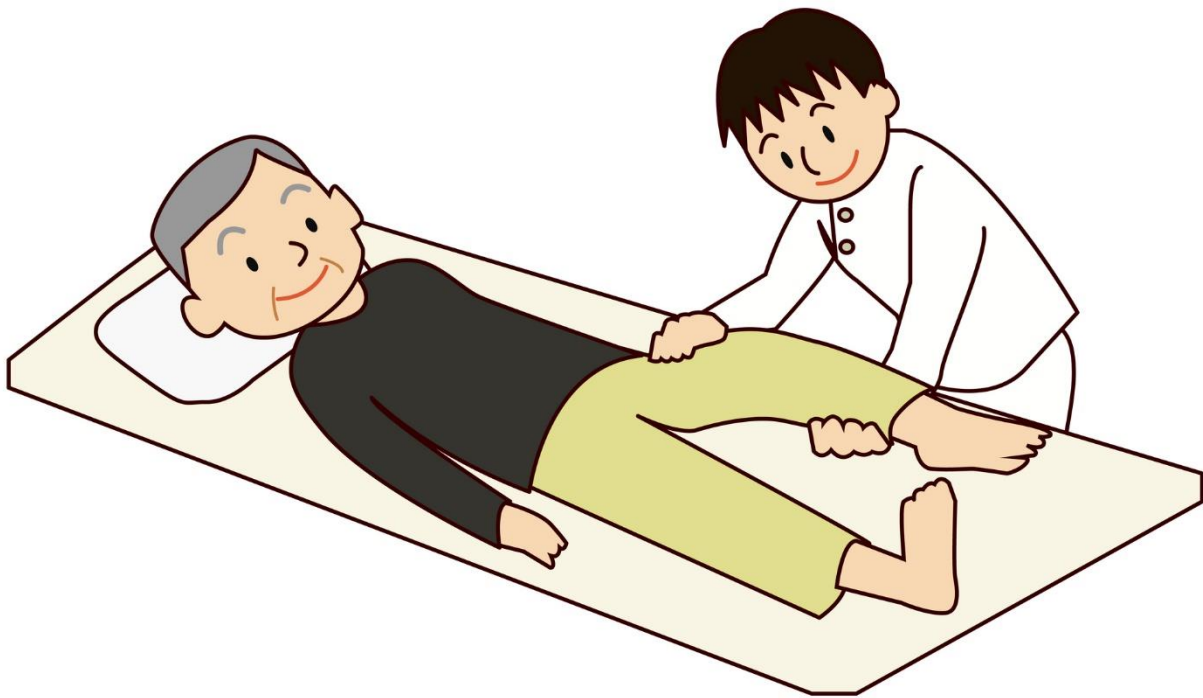


LESSON 23

Please bend your knees.

膝をまげてください。



I. VOCABULARY ボキャブラリー

Repeat after your teacher.

講師が言ったことをリピートしてください。

rehabilitation exercise
lift

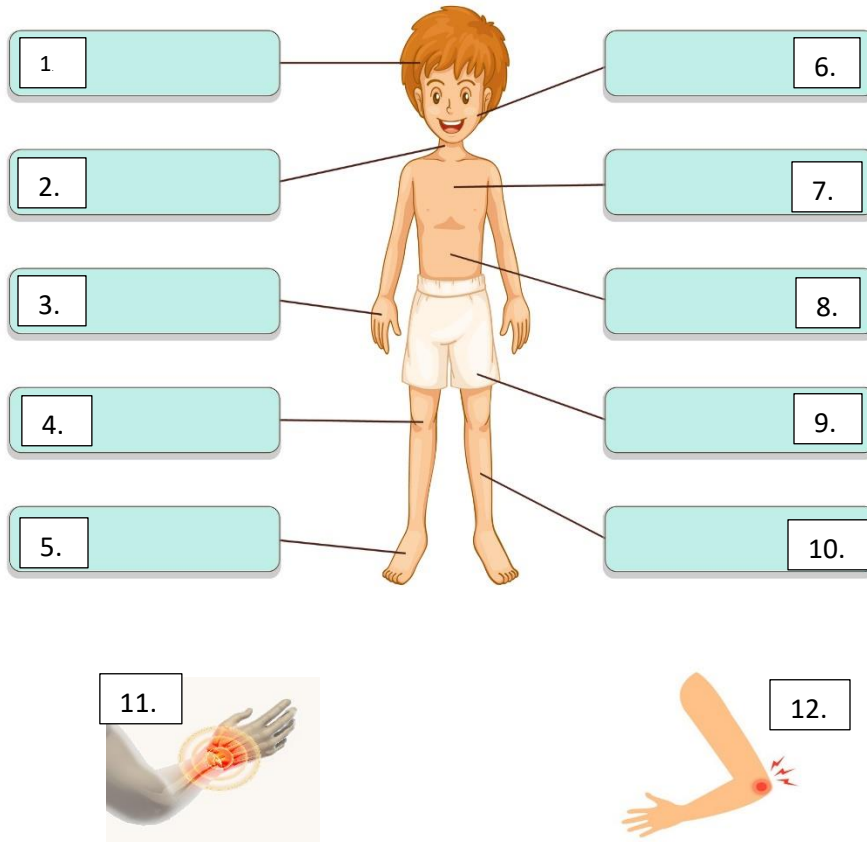
pain
warm-up

bend
worse

II. EXERCISE 演習

Name the following body parts.

以下の身体の部位を講師に伝えてください。



Do the following movements with your teacher.

以下の動きを講師としてください。

1. Shake your hands.
2. Bend your elbows.
3. Straighten your elbows.
4. Raise your right hand.
5. Rotate your wrist.

III. Practice 応用演習

Complete the following sentences.

以下の文章を完成させてください。

Please ...



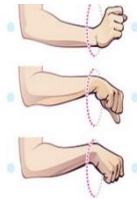
your knee.

Please ...



your knee.

Please ...



your wrist.

Do some...



exercises.

IV. Dialogue **ダイアログ**

Practice all the sentences with your teacher.

以下の文章を講師と練習してください。

Staff : Hello, how are you? We are going to have a **rehabilitation exercise** today.

Patient : I'm doing good. OK, I'm ready.

Staff : What kind of movements makes the **pain** worse?

Patient : When I **bend** and **lift** my knee. It hurts.

Staff : I see. Before starting the exercise, please **warm up** your knee with this hot towel for 5-10 minutes.

Patient : OK, I got it.