

Chapter 10-1 リハビリテーション/理学療法

I'd like you to sit down on the floor.

床の上に座ってください。



I. WARM-UP QUESTIONS ウォームアップ

1. Who are in the picture?
2. What are they doing?
3. Why is it important for some patients to do rehabilitation exercises?
4. Why is it important to warm up before exercising?

II. VOCABULARY PREVIEW ボキャブラリー

- rehabilitation
- warm up
- lift
- joint
- position

III. DIALOGUE READING シチュエーション学習

Staff : Before starting your **rehabilitation** exercises, please **warm up** your knee with this hot towel for 5 to 10 minutes.

Patient : OK.

Staff : Let's begin. First, I'd like you to sit down on the floor and straighten your legs.
Now, hold the back of your right knee with both hands and **lift** it up slowly.

Patient : I can't lift it up any further. It hurts.

Staff : All right. Hold your knee with both hands and straighten the **joint** slowly. Then lower it back to the first **position**.

Patient : OK. It's tough.

Staff : Yes, everybody finds it tough at first.

Please do three sets of this bending and stretching exercise, 10 times per set, in the morning and at night.

IV. PRACTICE 演習

A. Fill in the gaps with the correct words.

空欄に当てはまる言葉を入れて文章を完成させてください。

1. Before s____ your rehabilitation exercises, please w____ up your knee with this hot towel for 5 to 10 minutes.
2. Let's b____. First, I'd like you to sit down on the floor and s____ your legs.
3. Now h____ the back of your right knee with both hands and l____ it up slowly.
4. All right. Hold your knee with both h____ and straighten the joint s____.
5. Please do three s____ of this bending and stretching exercise, 10 t____ per set, in the morning and at night.

B. Three out of the four words in each line belong together. Circle the word that does not fit and explain why it does not belong.

質問に対する正しい答えを選んでください。

1. ankle / toe / heel / thumb
2. shoulder / knee / wrist / elbow
3. heart / lungs / hip / kidney
4. chin / calf / ears / neck
5. thigh / shoulder / calf / knee
6. liver / neck / kidney / stomach

V. ROLE-PLAY コールプレイ

Scenario You are a physical therapist and a patient (teacher) has a rehabilitation session with you. Instruct him/her to warm up before the session, then guide the patient through the bending and stretching exercise.

あなたは、理学療法士です。患者さんにリハビリが始まる前のウォームアップの仕方を教えてください。そしてリハビリの説明に進んでください。

Other Useful Expressions

- *What kind of movement makes the pain worse?*
- *Where do you feel the pain?*
- *Hold onto this bar.*
- *Bend your left knee.*
- *Move your right leg back.*