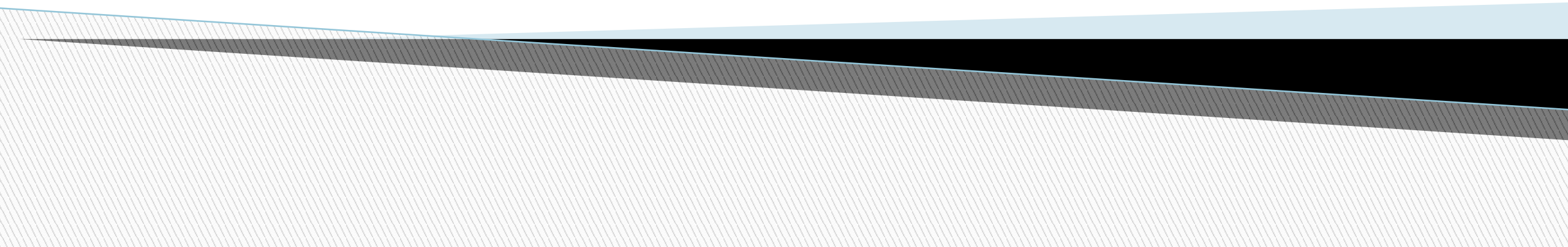



# Unit 12

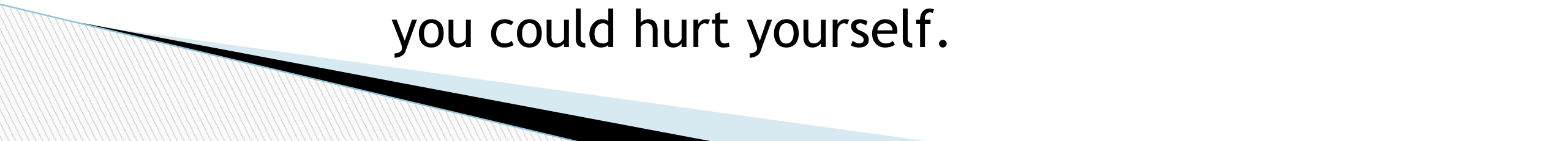
## Repetitive Motion Injuries




# Vocabulary

- ◆ **bent** - I bent my finger backwards while playing volleyball. It really hurts.
  - ◆ **cumulative** - The cumulative results of playing tennis every day may be that you get a repetitive motion injury.
  - ◆ **elbow** - He plays tennis a lot and says his elbows are sore.
  - ◆ **extension** - If you cannot extend your arm, or make it straight, you're having trouble with extension.
- 


# Vocabulary

- ◆ **flexion** - Flexion is a bending movement around a joint.
  - ◆ **injuries** -These people have injuries. They need an ambulance right away.
  - ◆ **joint** - Your elbow is a joint. So is your shoulder.
  - ◆ **motion** -If you do the same motion again and again, you could hurt yourself.
- 


# Vocabulary

- ◆ **muscle** -I tore a muscle in my arm so I need to rest.
  - ◆ **neutral**- Try to keep your arm in a neutral position so you don't injure it.
  - ◆ **pain reliever** - Aspirin is a pain reliever. So is ice.
  - ◆ **position**- Don't position your arm like that. Position it like this.
- 

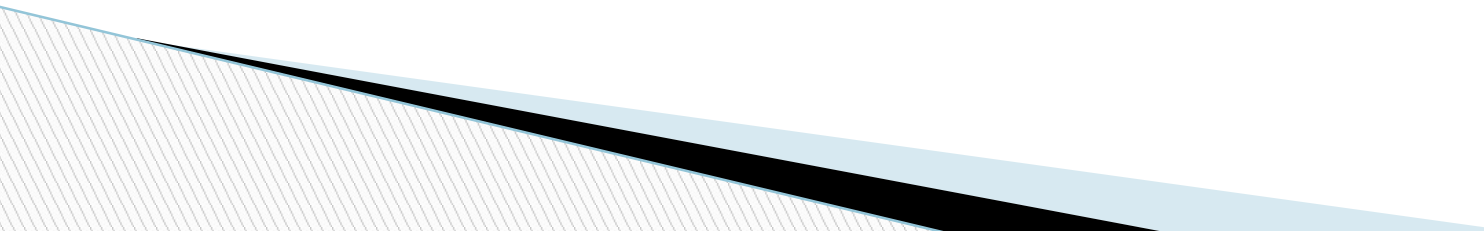
# Vocabulary

- ◆ **prevention** -In English we have a saying: Prevention is the best medicine.
  - ◆ **repetitive**- If you play the drums, you may get a repetitive motion injury.
  - ◆ **rotation**- A good kind of exercise to do is shoulder rotations.
  - ◆ **splint** - A splint helps keep an injured arm immobile.
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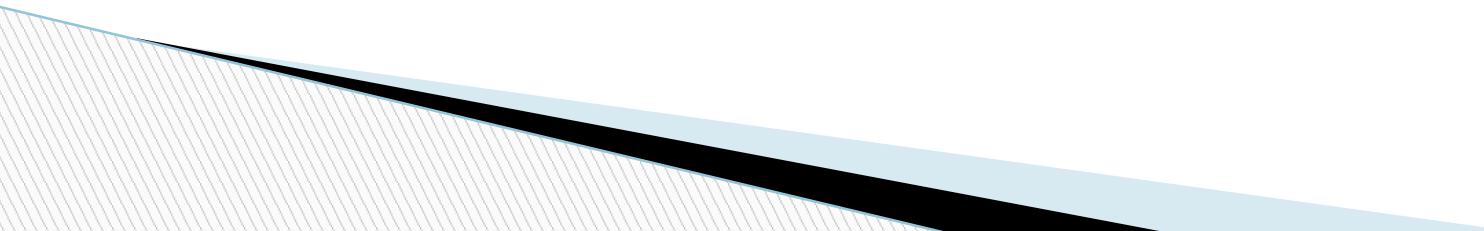
# Vocabulary

- ◆ **symptom** - If you have a loss of strength in your arms, this could be a symptom of a repetitive motion injury.
  - ◆ **wrap/strap**- Don't move. I'm just going to wrap this bandage around your arm.
  - ◆ **wrist**- I broke my wrist so now I have to write with my left hand.
- 

# Reading

- ▶ Repetitive motion injuries often affect the shoulder, elbow, and wrist. Symptoms may include joint pain, a loss of muscle power, and an inability to extend your arm or rotate your joint. For example, my uncle worked in a factory and because of repetitive motion - he did the same movements every day - he hurt his right shoulder and arm.
- 

# Reading

- ▶ He had to wear a splint for a while to rest his arm by keeping it in a neutral position. He also had to take pain relievers.
  - ▶ In order to practice prevention, the doctor suggested he tried different kinds of exercises, but my uncle decided it would be better to quit his job and get a new one. Now, he's a bus driver and doesn't have to worry so much about repetitive motion injuries.
- 



# Dialogue

*Dr. Lin is giving a lecture on repetitive motion injuries. His students are asking him questions.*

DL = Dr. Lin and S1, S2, S3 = Student 1, 2, and 3.

# Dialogue

DL: Repetitive motion injuries are very common and often occur with athletes or people with jobs that require them to do the same action again and again.

S1: What kinds of athletes?

DL: Many kinds. It could be a golfer, a tennis player, or a baseball player. Baseball players may have repetitive motion injuries from throwing a ball or swinging a bat. Musicians also suffer from this condition. For instance, drummers may feel pain in their elbows or wrists.

# Dialogue

S2: What exactly causes the pain?

DL: There are different causes. Some people damage muscles. Other people damage nerves or tendons.

S3: So, symptoms would include a lack of feeling?

DL: Yes, that's right. A lack of feeling, pain, and so on.  
I should add that many people who experience repetitive motion injuries are office workers.

# Dialogue

S1: Office workers? Why?

DL: They often do the same actions again and again, like typing on a keyboard or using a mouse. Sometimes, people can be treated with pain relievers such as aspirin, but sometimes they need more serious treatment.

S2: Such as?



# Dialogue

DL: Such as physical therapy or surgery. Last year, I treated a factory worker who hurt his shoulder. For his job, he needed to lift heavy boxes.

DL: He had joint damage and trouble with rotation. He could not completely rotate his shoulder. The pain affected his whole arm. It hurt when he extended his arm and it hurt when he bent it.

S1: So what did you do?



# Dialogue

DL: We tried a cumulative approach.

S1: What do you mean?

# Dialogue

DL: We tried different treatments which we hoped would help him get better over time. For example, we did surgery on his shoulder. This helped improve his flexion. Then we asked him to rest his arm and not move it or keep it in a neutral position. To do this, we put his arm in a splint and also wrapped his wrist. After resting for three weeks, he started physical therapy. In the end, he got much better and we gave him some information on prevention, or how to stop the problem from happening again. For example, we suggested he find a new job, one where he didn't have to lift heavy boxes all day.

# Circle the Correct Choice

1. The patient had trouble bending his arm.

He had limited \_\_\_\_\_.

a. flexion

b. fashion



# Circle the Correct Choice

2. What does Dr. Lin mean when he says they tried a cumulative approach?

a. They asked the patient to rest.

b. They tried different treatments, for example, surgery, rest, and physical therapy.

## Circle the Correct Choice

3. How did they keep the man's arm in a neutral position?

- a. They put it in a splint.
- b. They gave him a massage.

# Circle the Correct Choice

4. How long did the patient rest?


a. For three months.

b. For three weeks.

# Circle the Correct Choice

5. What did the doctor suggest the man do to prevent the repetitive motion injury happening again?
- a. Lift boxes of pizza more often.
  - b. Find a new job.

# Vocabulary Exercise

1. Repetitive motion injuries are caused by repetitive motion, or doing the same action again and again.
  2. She broke her wrist playing tennis, so now she cannot wear a watch.
- 

# Vocabulary Exercise

3. After the surgery on my shoulder, I had to do a lot of extension exercises where I practiced making my arm stronger.

4. Please don't bend or straighten your arm. Keep it in a neutral position.

# Vocabulary Exercise

5. When she bent her knees, she felt a pain.

6. We're just going to strap up your arm, so it doesn't move. That way, you can rest it.

# Vocabulary Exercise

7. When you're in the sitting position all day,

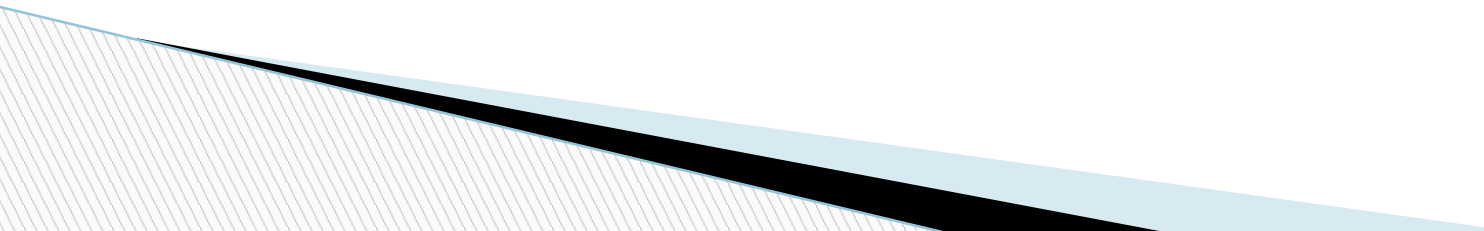
it's bad for your back.

elbow

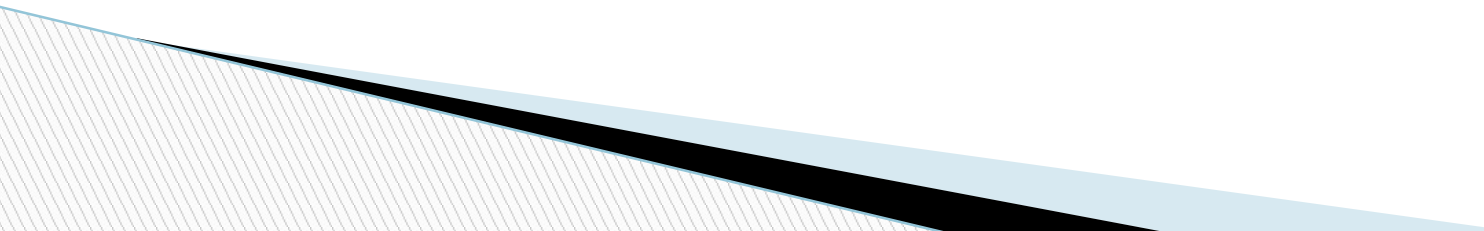
8. Your \_\_\_\_\_ is a joint between your forearm and upper arm.



# Vocabulary Exercise

9. The best prevention against lung cancer is not smoking.
10. She had very limited rotation of her shoulder. She could not make a complete circle.
- 

# Word Comparison

- motion vs motive
  - position vs posture
  - natural vs neutral
- 

# Patterns and Drill

➤ He had joint damage and trouble rotating.

foot, walking  
tooth, eating  
ankle, jumping

# Patterns and Drill

➤ The best prevention against lung cancer is not smoking.

tiredness, staying up late  
dizziness, being a picky eater  
traffic accident, speeding

# Patterns and Drill

➤ They often do the same actions again and again.

make the same mistakes

tell lies

laugh at others

# Patterns and Drill

➤ He got much better after the surgery.

smarter, going to school

heavier, eating a lot of food

more comfortable, taking enough rest

# Patterns and Drill

➤ The patient had trouble with bending his arm.

speaking

having a bowel movement (排便)

swallowing