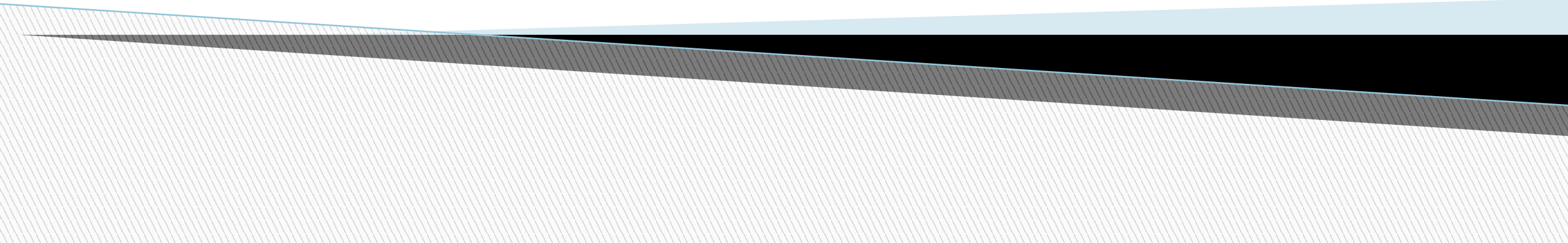
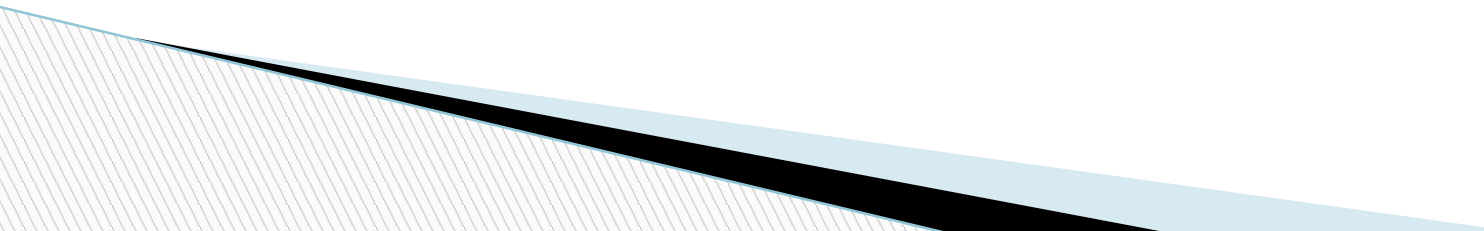


Unit 11

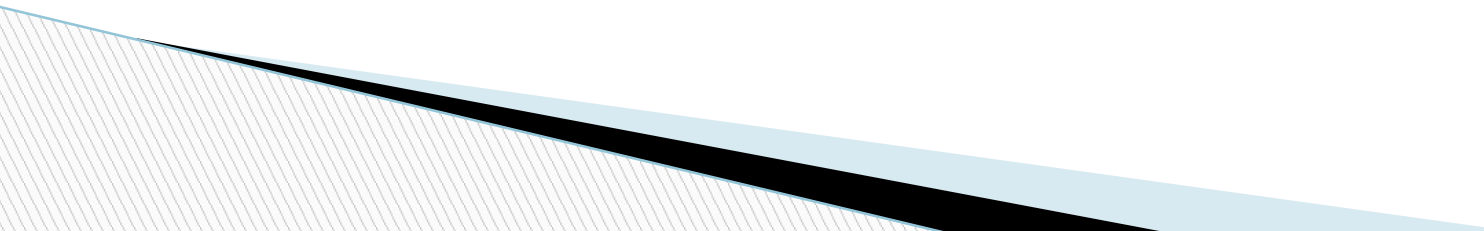
Total Knee Replacement




Vocabulary

- ▶ **replacement** - My grandpa needs a knee replacement.
 - ▶ **walker/crutches/cane** - After a knee operation, patients may need a walker, crutches, or a cane.
 - ▶ **resurface** - Before replacing your knee, surgeons may need to resurface your knee bones to make them smooth.
 - ▶ **stiff(ness)** - My arm is stiff. I'm having trouble bending it.
- 

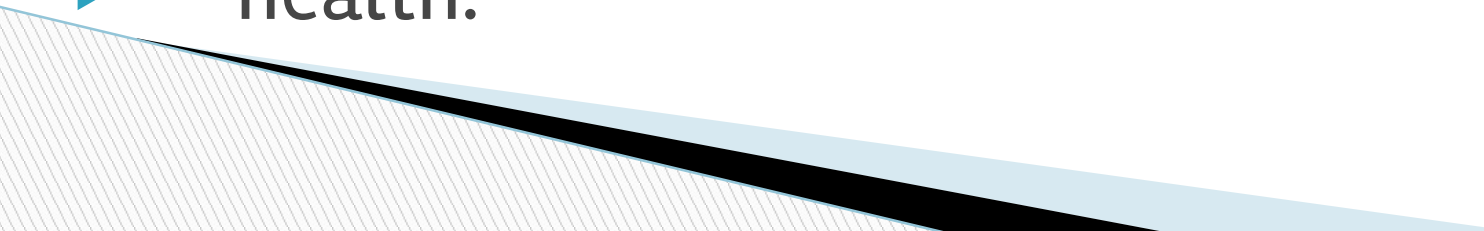
Vocabulary

- ▶ **knee joint** - Over time, knee joints often wear out.
 - ▶ **cushion(ed)** - The discs in your knees act as cushions.
 - ▶ **instability** - If the muscles around your joint are weak, this may cause instability in the joint.
- 

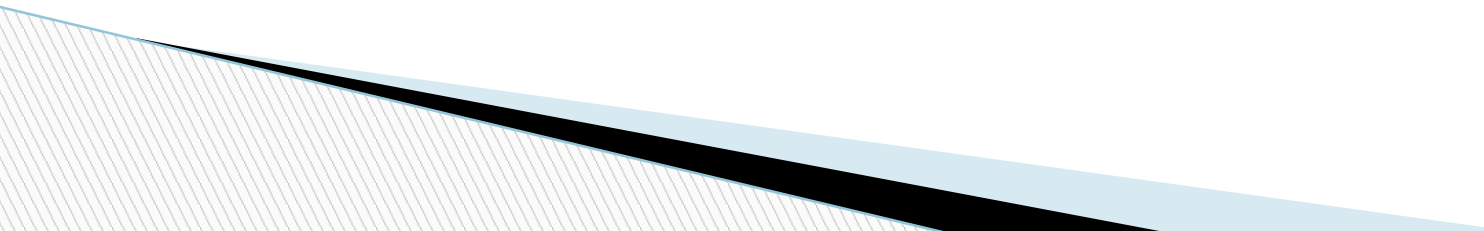
Vocabulary

- ▶ **deformity** - If people are bowlegged, if their legs are not straight, this is a deformity.
 - ▶ **surgery/surgeon** - A surgeon is a doctor who can do surgery.
 - ▶ **physical therapy** - My auntie hurt her leg in an accident so she goes to physical therapy every day to do exercise.
- 

Vocabulary

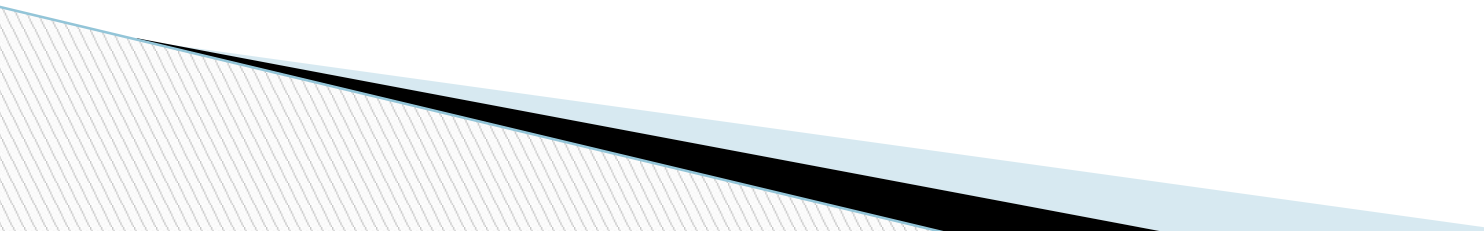
- ▶ **blood transfusion** - Sometimes cancer patients may have a blood transfusion.
 - ▶ **the recovery room** - After a surgery, you go to the recovery room so you can rest and so nurses and doctors can check on you.
 - ▶ **restore** - By going to physical therapy, you can restore your health.
- 

Vocabulary

- ▶ **comfort** - Getting a knee replacement can help you move around in comfort.
 - ▶ **ease** - If you have a headache, taking an aspirin can ease the pain.
- 

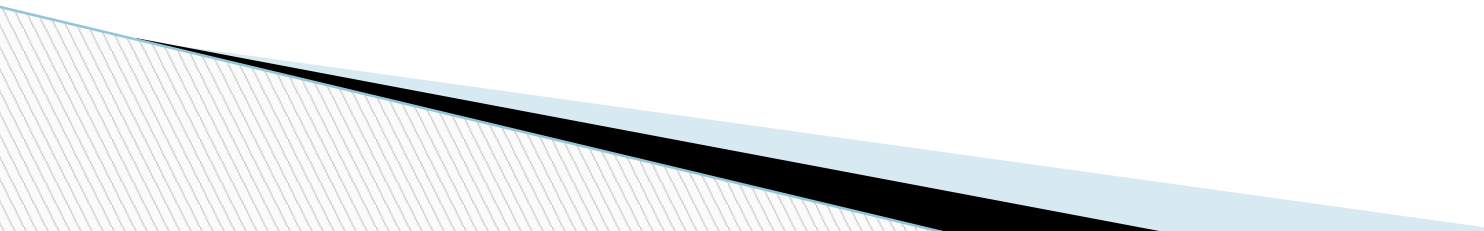
Reading

Sometimes, when people have deformities, for example if they are bow-legged, this can lead to instability, stiffness, and serious damage in their knee joints. If there is damage, patients may need a knee replacement. This means they may have to have surgery to replace their knee. After the surgery, they may need to use a walker, crutches, or a cane to get around.



Reading

They will definitely need to go to physical therapy and recovery may take a long time. However, having a knee replacement can restore a patient's quality of life. It can ease or eliminate pain and patients should be able to get around in comfort.



Dialogue

Dr. Wang is seeing Mr. Chester Li about his knee pain. Mr. Li has been doing physical therapy and using a cane for two months, but his condition has only improved a little. Dr. Wang tells Mr. Li that he has another option.

D = Dr. Wang P = the patient, Chester Li

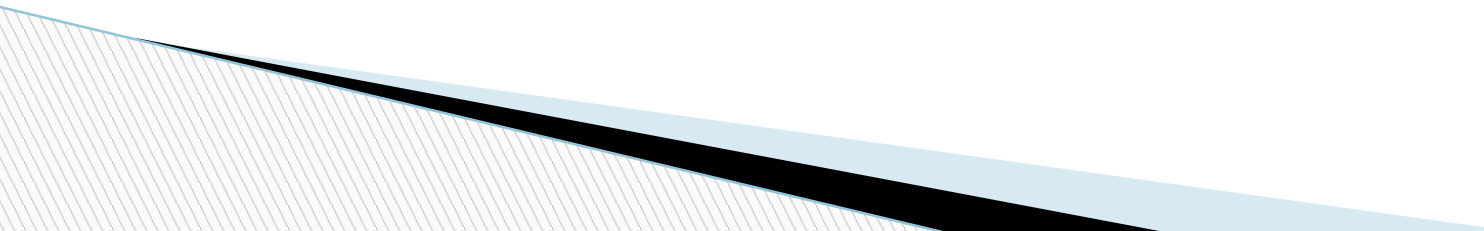


Dialogue

D: So, Chester, today I want to talk with you about the options you have about the stiffness in your knee joint. If you have any questions, just ask. Okay?

P: Okay.

D: Fine, now you have been going to physical therapy for two months. Has there been any improvement?



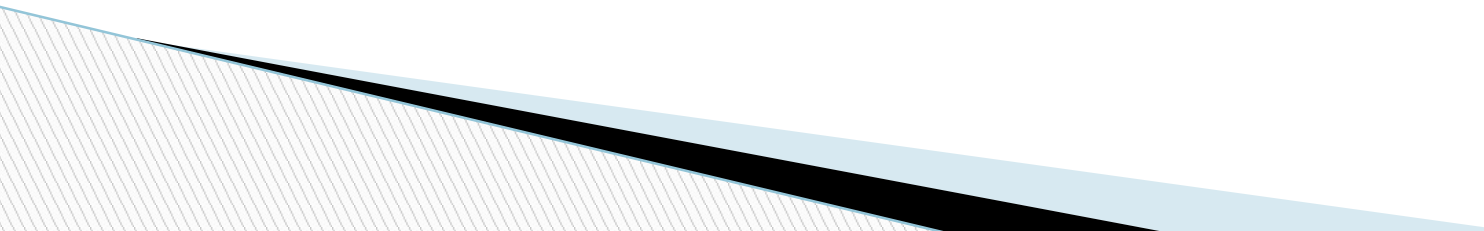
Dialogue

P: Yes, some. But I still have stiffness.

D: From one to ten, how bad is the stiffness?

P: Maybe a six.

D: Okay, so two months ago, you said the stiffness was an eight, so that's a small improvement.

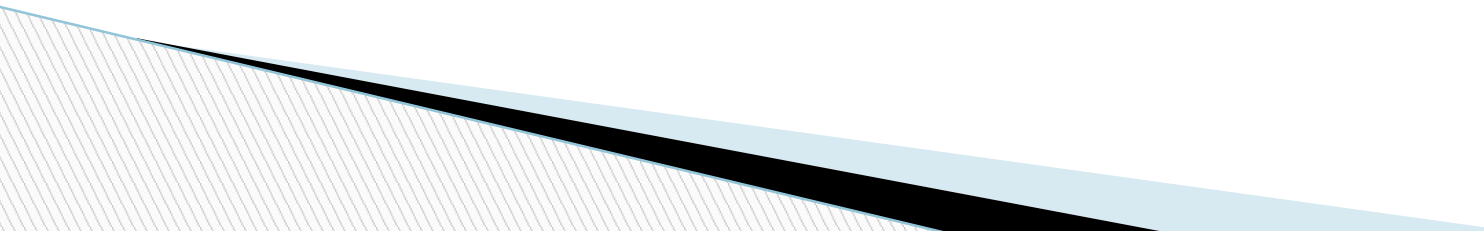


Dialogue

P: Yes, that's right, a small improvement.

D: And what about the cane you are using? Does it help ease the pain when you walk?

P: A little, but I think it is hard to walk in comfort. When I use the cane, my knee still feels stiff and I don't really feel at ease.

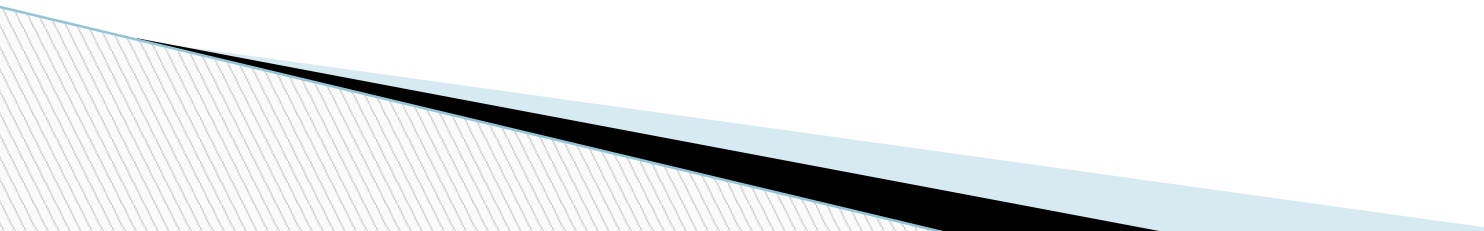


Dialogue

D: So the cane doesn't help much.

P: Not really, no.

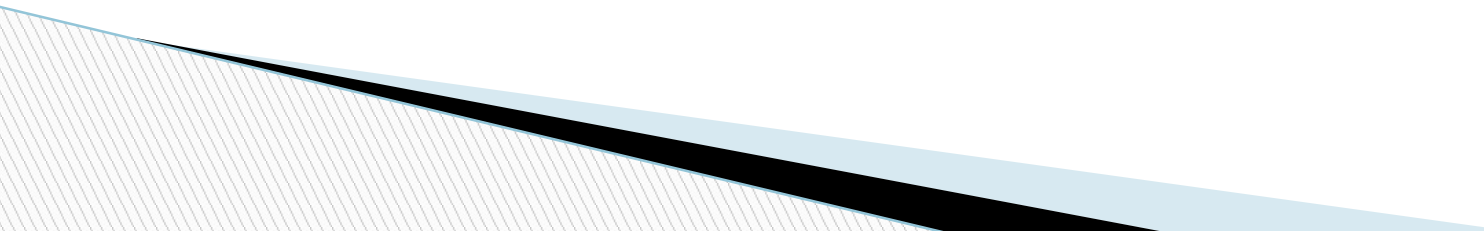
D: I see. Okay, here is what I suggest. Keep going to physical therapy and keep using the cane. After another two more months, if you still feel stiffness and it's still hard to walk around, I will suggest you have surgery.



Dialogue

P: Surgery? What kind of surgery?

D: A knee replacement. I think this could be a really good choice for you. Because your legs have a deformity - because they are not straight - this causes instability in your knee and that is why the cushion between your knee bones has been damaged.



Dialogue

P: Are you saying I need a new knee?

D: Yes, we may need to replace your knee.

P: Oh, my.

D: Don't worry. We are very good at doing this kind of surgery and you can feel comfort again. A successful surgery should restore your health.

P: So, what's the process?



Dialogue

D: We'll do some tests, including blood tests. If something goes wrong, we may need to do a blood transfusion, but that seldom happens. Basically, we resurface any knee bones with damage and then put in a new knee joint. Then we send you to the recovery room for a few days. After that, you go home and start physical therapy. It may take a while to recover, but almost all knee replacements are successful. You won't have stiffness anymore.

Circle the Correct choice

1. Does the doctor think a knee replacement could help the patient?

- a. Yes, he does.
- b. No, he doesn't.

Circle the Correct choice

2. How does Chester Li's knee feel?

☒ a. It feels stiff.

b. It feels fine.

Circle the Correct choice

3. How long has Chester been doing physical therapy?

- ☒ a. Four months.
- ☐ b. Two months.

Circle the Correct Choice

4. What does Chester use to help him walk?

a. A walker.

☒ b. A cane.

Circle the Correct choice

5. Why will Chester need to do a blood test?

- ☒ a. He may need a blood transfusion.
- ☐ b. He may need crutches.

Vocabulary Exercise

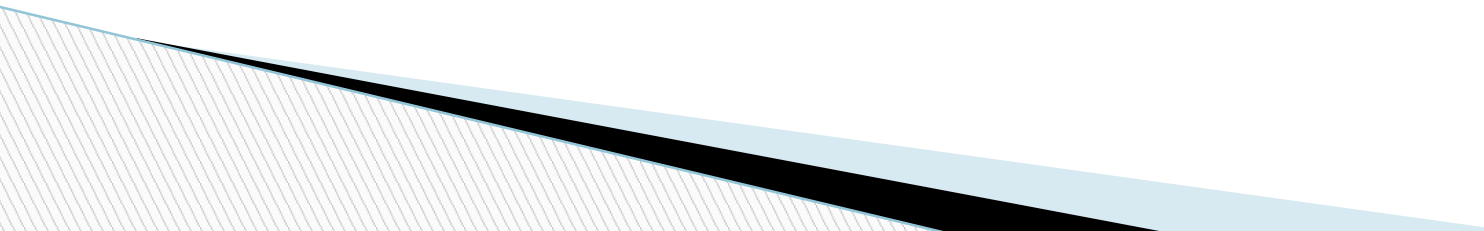
1. If patients continue to have knee stiffness, a doctor may suggest they have a knee replacement.
2. If you have the flu, getting lots of rest and drinking lots of liquids can help restore your health.

Vocabulary Exercise

3. If you have stiffness in your knee, it may be difficult to walk in comfort.

4. The noun is stiffness. The adjective is stiff.

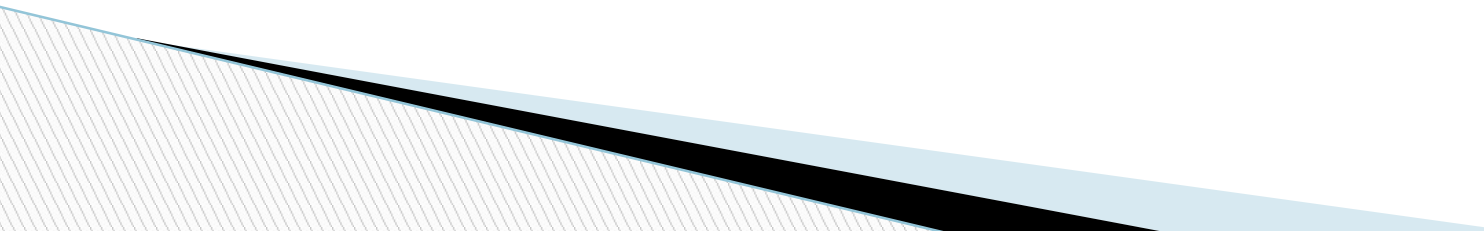
Vocabulary Exercise

5. My friend Douglas broke his foot in a motor scooter accident, so now he's using crutches.
 6. If you have a deformity in your legs, this may cause instability in your knees.
- 

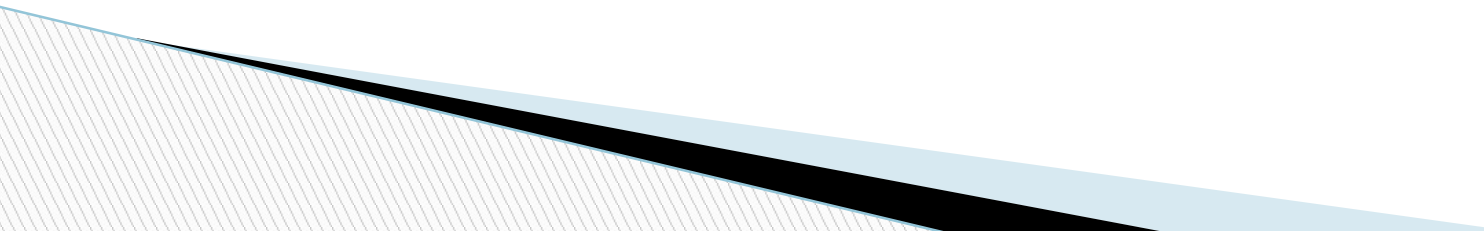
Vocabulary Exercise

7. To walk easily and without stiffness or pain, the bones in your knee must be cushioned by healthy cartilage.

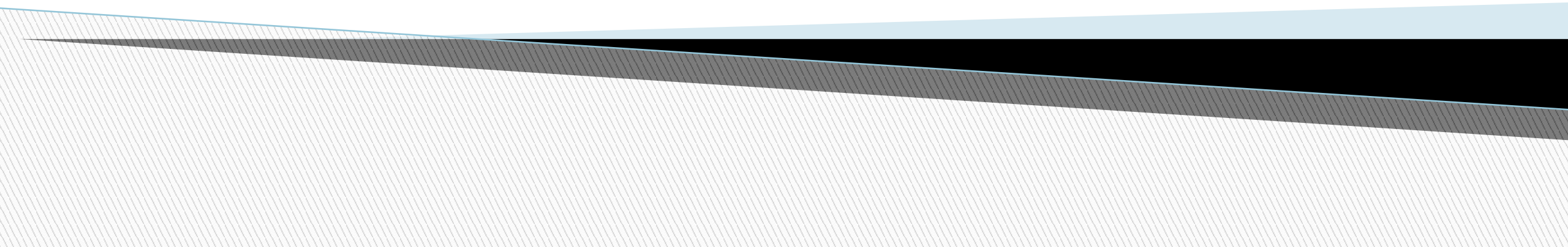
8. My grandmother needed surgery to fix her broken wrist.



Vocabulary Exercise

9. If you have bow legs, where your legs are not straight, this is a kind of deformity.
10. Using a cane can help you ease the pain when you walk.
- 

Word Comparison

- stiff vs dull vs numb
 - surgery vs operation
 - repair vs replace
- 
- The bottom of the slide features a decorative graphic consisting of several overlapping, wavy horizontal bands. From top to bottom, the bands are light blue, black, dark grey, and a light grey band with a fine diagonal line pattern.

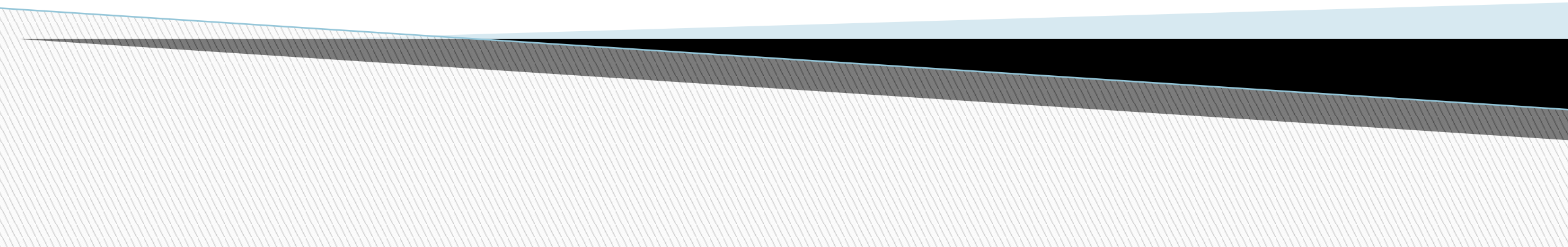
Patterns and drill

- I think this could be a really good choice for you.

chance

plan

job



Patterns and drill

➤ The cane can help you ease the pain when you walk.

pill, sleep

cough drop, cough

painkiller, hurt

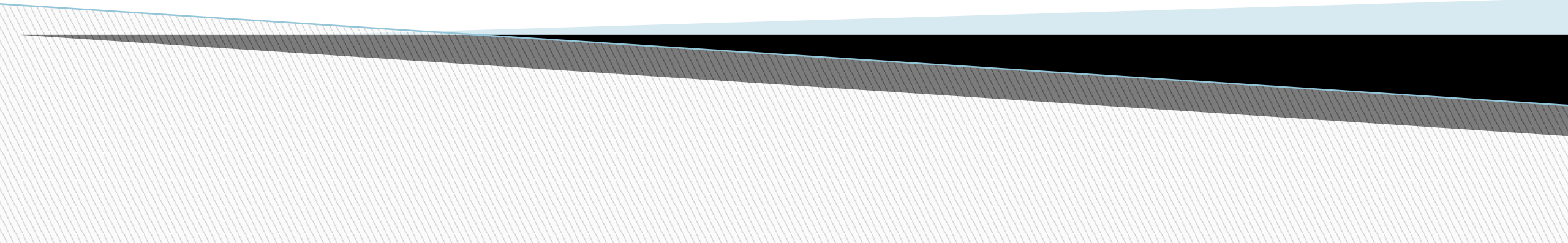
Patterns and drill

➤ So the cane doesn't help much.

tablet

cough syrup

medicine



Patterns and drill

➤ If you still feel stiff, I will suggest you have surgery.

numb, see a doctor

hungry, eat more

unhappy, see a movie

Patterns and drill

- I have been going to physical therapy for two months.

swimming class

my summer intern

college