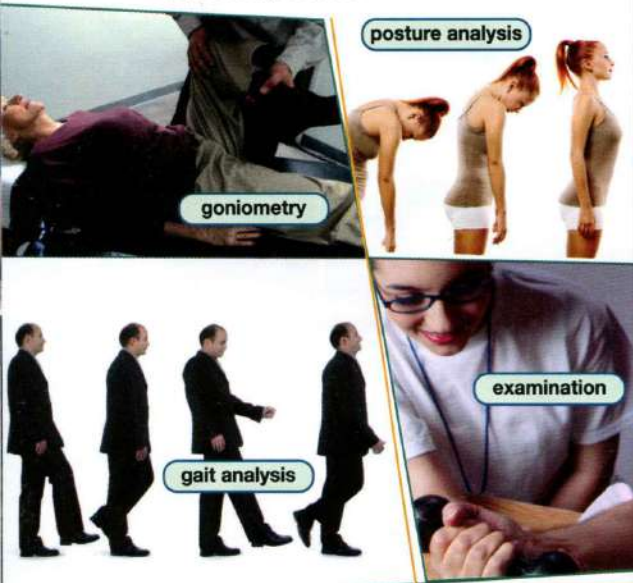


## Get ready!

## 1 Before you read the passage, talk about these questions.

- What are some of the tests performed by a PT, and what do they measure?
- Why are PTs concerned about the underlying cause of a problem?



Name:	Simon Walsh	Age:	47
Gender:	M		

## Presenting Problem/Current Condition:

Patient was admitted to the hospital yesterday to treat acute knee pain. The **primary impairment** is limited mobility and pain in the right knee. The **underlying cause** is damage to a previously torn ACL.

## Medical History:

- ACL tear 5 years ago
- Medical diagnosis of osteoarthritis in knee joints
- Level of **dysfunction** is mild to moderate

## Social History:

- Non-smoker
- Moderate alcohol use
- Avid runner

## Other Information:

Primary care physician recommends physical therapy to build muscle strength. MRI **interpretation** shows worn cartilage and joint damage.

## Examination: Tests were administered to measure:

- Goniometry
- Posture analysis
- Gait analysis

**Evaluation:** Analysis of test results provides an **objective baseline**. Strengthening exercises suggested in accordance with **preferred practice patterns**.

**Diagnostic category:** musculoskeletal

**Follow-up:** Weekly appointments scheduled for six weeks. Additional treatment options are to be determined.

## Reading

## 2 Read the patient chart. Then, choose the correct answers.

- What is the underlying condition causing the patient's pain?
  - He is an avid runner.
  - He has a diagnosis of osteoarthritis in his knees.
  - He previously injured his ACL.
  - The doctor did not interpret the MRI.
- How often will the patient see a physical therapist?
  - every day for six weeks
  - once a week for six months
  - every day for a week
  - once a week for six weeks
- Which test was NOT performed by the PT?
  - a posture analysis
  - a gait analysis
  - an MRI
  - goniometry

## Vocabulary

## 3 Match the words or phrases (1-7) with the definitions (A-G).

- |                     |                          |
|---------------------|--------------------------|
| 1 __ goniometry     | 5 __ gait analysis       |
| 2 __ interpretation | 6 __ objective baseline  |
| 3 __ examination    | 7 __ diagnostic category |
| 4 __ dysfunction    |                          |
- 
- an evaluation of the way a patient walks
  - a thorough inspection of a patient to determine physical health
  - the way a person reads and processes information and forms conclusions
  - a system used to measure range of motion in a joint
  - a group of identified patterns of symptoms of physical limitations
  - abnormal function, the inability to use an organ or body part fully
  - the point from which changes are measured during a patient's treatment

**4 Read the sentence pairs. Choose which word or phrase best fits each blank.**

**1 preferred practice patterns / underlying cause**

- A The PT thought that an old injury was the \_\_\_\_\_ of the patient's pain.
- B Every PT student learned the \_\_\_\_\_ recognized by their profession.

**2 test / posture analysis**

- A The PT set up a \_\_\_\_\_ to check the patients strength.
- B The patient stood in her habitual manner during the \_\_\_\_\_.

**3 analysis / primary impairment**

- A The patient's \_\_\_\_\_ was diagnosed as pain in the left shoulder.
- B The PT did a thorough \_\_\_\_\_ of the results.

**5 Listen and read the patient chart again. Why do physical therapists identify the objective baseline when treating patients?**

## Listening

**6 Listen to a conversation between two physical therapists. Mark the following statements as true (T) or false (F).**

- 1 \_\_\_ The new patient is a woman in her fifties.
- 2 \_\_\_ The goniometry test will determine the patient's range of motion.
- 3 \_\_\_ The patient's progress will be measured in one month.

**7 Listen again and complete the conversation.**

- PT 1: She'll be here at one o'clock. I'd like to run a series of 1 \_\_\_\_\_ during her initial appointment.
- PT 2: That's the best way to establish an 2 \_\_\_\_\_.
- PT 1: That's what I was thinking, too.
- PT 2: 3 \_\_\_\_\_ will you start with today?
- PT 1: I'll start with 4 \_\_\_\_\_.
- PT 2: That sounds good.
- PT 1: Do you think I should test 5 \_\_\_\_\_, too? You know, to test her current range of motion.
- PT 2: Yes. I would. It's a good way to measure 6 \_\_\_\_\_.

## Speaking

**8 With a partner, act out the roles below based on Task 7. Then, switch roles.**

**USE LANGUAGE SUCH AS:**

*We have a new patient ...?*  
*I'd like to ...*  
*Which tests will you ...?*

**Student A:** You are a physical therapist. Talk to Student B about:

- the appointment for a new patient
- what will be done during the appointment
- the tests to establish an objective baseline

**Student B:** You are a physical therapist. Talk to Student A about the tests you plan to run.

## Writing

**9 Use the conversation from Task 8 to fill in notes following tests for a new patient.**

**Patient Notes:**

Patient's name: \_\_\_\_\_

Tests completed:

Posture analysis? Y / N

Notes: \_\_\_\_\_  
 \_\_\_\_\_

Goniometry? Y/N

Notes: \_\_\_\_\_

Follow-up appointment series scheduled? Y / N

Number of weeks: \_\_\_\_\_