

Session 5: “An ELT Course on an Orthopedics Case Report Focusing on Reading Comprehension, Summary and Lexical Analysis”

Professor Renato Schiavo, October 27th, 2020

Course Syllabus

1. Summary clues for the introduction;
2. Summary of the Case Presentation (Patient), with blanks;
3. Article analysis with language highlights;
4. Questions on selected areas from the Rehabilitation section;
5. Vocabulary and pronunciation spot.

Introduction Clues: Use the words from the box below to fill in the blanks in the sentences from the Introduction section.

STABILITY – COPERS – SURGICAL INTERVENTION - OSTEOARTHRITIS – COSTS – LAXITY

1. It is reported that those who have sustained an ACL injury have a far greater risk of developing _____.
2. Once the effusion is resolved and range of motion is restored, surgery is recommended for restoring joint _____.
3. If some (patients) can cope with an ACL-deficient knee, they can potentially save on health-care _____.
4. Patients completed self-reported questionnaires and were evaluated for knee _____ at rest.
5. The investigators implemented an algorithm with 345 highly active patients to determine whether ACLD patients could be classified as _____.
6. We aimed to learn if this screening tool could be used to return an ACLD women's soccer player to sport without _____.

Case Presentation Summary: Fill in the blanks in the summary below by drawing on the word clues provided. Note that first letter and number of spaces for each word are given.

"A 21-year-old collegiate women's soccer player reported feeling a p__ in her left knee during a cutting manaeuver. Her knee then demonstrated tests consistent with an ACT r_____. One day postinjury, she presented with normal full-weight-bearing g___. The physician and patient discussed the possibility of nonsurgical m_____. The patient expressed concerns about her ability to complete the duties and tests required after undergoing A___."

Rehabilitation Section: Answer the following questions about the referred section of the Case Report.

1. How long did the rehabilitation progression take?
2. What procedures were introduced to maintain patient's full flexion?
 3. What was recommended for balance training?
4. What measure was taken to provide patient with increased protection against potential contact?
5. What was the focus on her therapeutic exercises before full-participation phase?

KEYS

1. 3 weeks.
2. Stretching, strengthening of the quadriceps, hamstrings and proximal hip.
3. 10 perturbation sessions using rocker and rollerboard.
 4. Patient was fitted with an ACL brace.
 5. Strengthening and neuromuscular control.

Lexical Analysis: How well can you pronounce the words below?

ANTERIOR

KNEE

OSTEOARTHRITIS

MENISCI

ALGORITHM

STRENGTHENING

QUADRICEPS

EVENTUALLY

*Thank you for watching. For doubts and/or
suggestions, find me at
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