

Unit 5 Examining a patient

Vocabulary from the book

ankle
bend
blood sample
bottom
breathe in/out
dislocated my shoulder
elbow
empty your bladder
exhale
flex your arm/knee
fracture
heel
hips
inhale
jaw
knee
lean back/forward
lie back
loosen your clothes
palm
peak-flow machine
point
press up/down
remove your clothes
respiratory rate
rest your arms by your side
roll onto your side
roll up your trouser leg
shoulder
sit up
slip off
straighten
stretch
unbutton
wrist

Additional vocabulary

breath
calf
cheek
couch
forehead
ribs
rotate

Exercise 1

Match the words in the two columns to make a common useful phrase from the unit.

- | | |
|-------------|------------------|
| 1 breathe | a your arm |
| 2 lean | b your trousers |
| 3 flex | c off your shirt |
| 4 empty | d your bladder |
| 5 roll | e out |
| 6 loosen | f your shoulder |
| 7 slip | g forward |
| 8 dislocate | h onto your side |

Exercise 2

Match the parts of the body with the definitions.

- | | |
|---------|--|
| 1 calf | a the back of the foot |
| 2 heel | b part of your face below your eyes |
| 3 hip | c the joint in the middle of your arm |
| 4 palm | d the bones in the face that have the teeth in them |
| 5 jaw | e the inside of the hand |
| 6 wrist | f the muscle at the back of your leg below your knee |
| 7 ankle | g a ball and socket joint in the middle of your body |
| 8 elbow | h the joint where your leg and foot meet |
| 9 cheek | i the joint where your hand and arm meet |

Exercise 3

Put the following verbs into the correct column.

loosen flex roll onto your side roll up lie back remove straighten unbutton
bend sit up stretch lean forward

undressing	moving limbs	moving body

Exercise 4

Identify which one out of the following groups of words is the odd one out.

1	wrist	elbow	ankle	shoulder
2	inhale	exhale	breathe out	sweat
3	press	peak	pull	push
4	calf	forehead	jaw	cheek
5	lean	stretch	bend	rest
6	put on	loosen	remove	take off
7	knee	hip	ankle	elbow
8	roll over	turn round	rotate	sit up

Exercise 5

Fill the gaps with suitable words from the unit.

- 1 **Doctor:** Right, Mrs Jones, I would like you to try and bend your right knee for me; lift your leg up as if you are trying to touch your _____ with your heel.
- 2 **Doctor:** OK, now I'd like to check your _____ rate. I want you to blow into this for me; it's called a _____ flow machine. I need you to take a deep _____ for me ...
- 3 **Doctor:** OK, I'd like to take a look at your swollen ankle. Are you OK to just _____ up your trouser leg?
- 4 **Doctor:** OK, I'd like you to turn your hands over now so your _____ are facing up, lift your arms so that your fingers are _____ to the ceiling.
- 5 **Doctor:** Well, Ms Winter, I'm afraid it does look like you have cracked some _____ ; this is quite a common injury when people slip getting out of the bath.
- 6 **Doctor:** Right, I'd just like to feel your stomach now, so could you remove your shoes and _____ your trousers.
- 7 **Doctor:** OK, I've finished examining your stomach, I'd just like check your breathing now; can you sit on the _____ , and I'll just fetch my stethoscope.

If you are having difficulty, here are the words for the exercise.

peak roll ribs loosen respiratory pointing couch bottom breath palms
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