

CORRECTIONS EXERCICES ANGLAIS

Talking about fractures

Activity 1: 1.clavicle 2.scapula 3.humerus 4.rib
5. acromion 6.manubrium 7.sternum 8. xiphoid process

Activity 2: 1.c 2.d 3.b 4.a 5.f 6.h 7.e 8.g

Activity 3: (1) bones (2) S shape (3) scapulae (4) acromion (5) movement
(6) circles (7) broken (8) outstretched

Activity 4: 1. hip joint 2. femur 3.patella 4. tibia 5. fibula 6.tarsal

Activity 5: (1) pelvis (2) weight (3) flexible (4) strongest (5) physical (6) tendons
(7) protect (8) attached (9) support (10) ankle (11) balance (12) tarsus

Activity 6: 1. b 2.c 3.a 4.c 5.b

Activity 7: 1.c 2.f 3.e 4.b 5.g 6.d 7. a

Activity 8: 1.g 2.d 3.a 4.h 5.c 6.b 7.e 8.f

Activity 3: Transcript

The clavicles are long bones which join the scapula to the sternum. The cylinder-shaped bones are around 15 cm long and curved into an S shape. The clavicles form joints with both the sternum and the scapulae. The *sternoclavicular joint* joins with the manubrium and the *acromioclavicular (AC) joint* joins with the acromion.

The clavicles help to anchor the arms to the trunk without stopping movement of the shoulder joints. In fact, the clavicles allow sufficient movement of the shoulders for the arms to move in large circles.

The clavicle is one of the most commonly broken bones in the human body especially after a fall. If the arm is outstretched to try to break the fall, most of the force of the fall results in the shifting of the shoulder. This can easily fracture the clavicle.

Activity 5: Transcript

The two large, flat hip bones (os coxae) extend to the front and side of the pelvis forming the hip joint with the femur or thigh bone on either side of the body. The hip joint is one of the most important joints in the human body because it bears the body's weight as well as the force of the muscles of the hip and leg. The hip joint is very flexible so it allows a greater range of motion than any other joint in the body except for the shoulder.

The femur is the longest, heaviest and strongest bone in the human body. It supports the entire weight of the body during physical activity, e.g. when running, jumping, walking or standing. The patella or kneecap is a triangular-shaped bone at the front of the knee joint. Muscles hold the patella in place and tendons attach the patella to upper part of the tibia or shin bone. Its function is to protect the knee joint.

The tibia is the larger and stronger of the two lower leg bones. It forms the knee joint at the top and the ankle joint at the bottom. The muscles which move the foot and lower leg are attached to the tibia. Its function is to help support the body's weight but it also assists with movement during activities such as standing, walking, running and jumping.

The fibula is a long, thin bone of the lower leg which runs to the side of the tibia. It helps to stabilise the ankle and support the muscles of the lower leg. The fibula is thinner than the tibia because it is not a weight-bearing bone but merely a support bone for the tibia.

The bones of the ankle and foot are responsible for balance and also support the body during activities such as standing, walking, running, and jumping. The ankle joint is formed by the joining of the tibia and fibula and the tarsus or ankle bone of the foot.

Video: Transcript

Nurse: Hello, I'm Pauline. I'm one of the nurses here in the Emergency Department. Can I ask you some questions about the accident?

Patient: Sure.

Nurse: Firstly, when did you have the accident?

Patient: It was this morning. I wanted to go skiing early. I didn't realise that the ground was very icy outside the hotel.

Nurse: Oh, dear. How did you injure yourself?

Patient: It was silly really. I just wasn't paying attention. I slipped on the ice and fell onto my right leg.

Nurse: That must have been very painful.

Patient: Yes, it sure was! I also hurt my shoulder when I fell. I've got a large bruise there already.

Nurse: I see. Do you have any other injuries?

Patient: What do you mean? Apart from my leg?

Nurse: Yes. You said that you have a bruise on your shoulder. Do you have bruises anywhere else?

Patient: No. I only bruised my shoulder.

Nurse: What about cuts or grazes?

Patient: Oh, yes. I've got a few small cuts on my leg. I cut myself on some sharp stones on the ground.

Nurse: All right. I'll clean the cuts and put on a dressing after you come back from your X-ray.

Patient: OK, thanks.

Nurse: The porter will collect you soon to take you for the X-ray. Are you comfortable at the moment?

Patient: I'm OK except that I need to go to the toilet. Can you tell me where the bathroom is?

Nurse: I'm sorry but you can't put any weight on your leg until we check whether it is broken or not. You will have to stay in bed until your X-ray has been reviewed. I'm afraid you'll have to use a bedpan until then.

Patient: Oh, really? I'm not sure I can do that!

Nurse: I know it's difficult, but it's essential that you don't move your leg at all. If your leg is broken, moving it could make the fracture much worse.

Patient: All right. I understand.

Nurse: That's good. I'll get one for you now.