

DANYLO HALYTSKY LVIV NATIONAL MEDICAL UNIVERSITY
DEPARTMENT OF LATIN AND FOREIGN LANGUAGES



MEDICAL ENGLISH

THERAPY & REHABILITATION

NK
PUBLISHERS

2025

UDC: 616-08-039.76:61:378:811.111
G973

*Approved by the Scientific Council of Danylo Halytsky Lviv National Medical University
(Minutes No 3-BP dated 26 March 2025)*

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Medical English Therapy & Rehabilitation : Textbook / Gutor, L. V., Slupitska, A. V.,
G973 Kobryn, N. Z., Vasylenko, O. H. ; supervised by Pavlo Sodomora. — Vinnytsia : Nova Knyha,
2025. — 160 pp.
ISBN 978-966-382-983-8

Medical English: Therapy & Rehabilitation is a comprehensive coursebook designed for medical students and healthcare professionals seeking to enhance their English communication skills in the context of physical medicine and rehabilitation. Adopting an interdisciplinary approach, the book integrates medical language learning with essential topics such as anatomy, body systems, injuries, trauma, and therapeutic practices. With a strong orientation toward preparation for the Step 1 exam, the coursebook offers a balance of theory and practice, combining vocabulary building, grammar, and case-based exercises to develop both linguistic competence and clinical understanding. Suitable for classroom use or self-study, the book provides a clear, structured pathway for mastering medical terminology and communication strategies essential for effective patient care.

UDC: 616-08-039.76:61:378:811.111

ISBN 978-966-382-983-8

© Gutor, L., Slupitska, A.,
Kobryn, N., Vasylenko, O., 2025
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Recommended citation:

Gutor, L., Slupitska, A., Kobryn, N., Vasylenko, O., and Sodomora, P. (Ed.). (2025). *Medical English. Therapy & Rehabilitation: Coursebook* / Liubov Gutor, Anna Slupitska, Nadiia Kobryn, Oleh Vasylenko, and Pavlo Sodomora. (Ed.). Vinnytsia : Nova Knyha, 160 pp.

Medical English: Therapy and Rehabilitation is designed for medical students, physicians, and other healthcare professionals willing to improve their Medical English mastery and enhance their professional expertise in physical medicine and rehabilitation. The coursebook adopts an interdisciplinary approach, aiming to develop professionalism and communication competence by integrating the English language with key medical topics, i.e., basic human anatomy, body systems, the skeleton, muscles, nerves, injuries, and traumas. In addition, the book explores a range of clinical and rehabilitation issues, introducing specific conditions and their symptoms, as well as preventive measures, diagnostic processes, and treatment options.

Medical English: Therapy and Rehabilitation addresses key academic challenges associated with communication training of future professionals in the field of rehabilitation. Learners will expand their medical vocabulary and terminology, practice their application through speaking, reading, writing, and case-based activities. The book also integrates grammar used within a practical medical context. Its coherent and clear structure makes it suitable for both classroom learning and self-study.



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In recent years, the global requirement for high-quality rehabilitation services has grown significantly due to rising rates of injury, chronic illness, aging populations, and the lasting impact of military conflicts and humanitarian crises. In Ukraine, this demand has become especially urgent. The ongoing challenges faced by the healthcare system, exacerbated by the full-scale war, have underscored the vital importance of rehabilitation, both physical and psychological, in restoring quality of life and ensuring long-term recovery for individuals affected by trauma, injury, or disease.

As a result, the professional training of rehabilitation specialists has become a national priority. There is a growing demand for highly qualified practitioners who possess medical expertise, operate effectively in interdisciplinary teams, and communicate proficiently within an international medical context. The ability to understand and use Medical English has therefore become an essential skill for future therapists and rehabilitation professionals in Ukraine.

The David Nott Foundation congratulates the authors of this coursebook. It will serve as a helpful resource for learners seeking to build both their medical English proficiency and their professional readiness in the field of medicine.



We strive for a world where safe, skilled surgical care is available to all.

The David Nott Foundation is a charitable organisation that provides lifesaving knowledge by training medical professionals to operate in austere and conflict-affected environments. It is well known for its hospital environment surgical training (HEST®) and bespoke full body simulator and associated organs. It had no role in the authoring of this coursebook.

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THE CHALLENGING WORLD OF REHABILITATION

It is said the path to recovery is a journey, not a destination. It's a journey marked by challenges, setbacks, and triumphs. This textbook is designed to provide you with a solid foundation in the principles and practices of rehabilitation, enhancing your English proficiency. We encourage you to actively engage with the material, ask questions, and apply your knowledge to a variety of scenarios during practical classes.

Rehabilitation is a dynamic and multifaceted field dedicated to helping individuals regain their optimal level of function and quality of life after injury, illness, or disability. The textbook will guide you through the core principles, practices, and emerging trends in this vital area of healthcare. Rehabilitation is more than just physical therapy. It encompasses a holistic approach that addresses diverse needs, including: physical restoration through exercises, therapies, and assistive technologies; cognitive improvement of abilities such as memory, attention, and problem-solving; emotional support to address psychological well-being; social reintegration and participation in community life; vocational assistance in returning to work or finding new employment opportunities.

The aforementioned services are crucial for a wide range of individuals, including those recovering from a stroke, spinal cord injury, traumatic brain injury, and other neurological conditions; individuals with musculoskeletal disorders such as arthritis, fractures, and amputations; those living with chronic illnesses such as heart disease, diabetes, and cancer; individuals with developmental disabilities; and older adults experiencing age-related declines in function. Rehabilitation professionals such as physical therapists, occupational therapists, and psychologists, play a vital role in guiding individuals on their journey to recovery. This includes conducting comprehensive assessments to understand individual needs and goals, developing personalized treatment plans, providing direct patient care, including therapeutic interventions and education, collaborating with a multidisciplinary team of healthcare professionals, and advocating for the rights and needs of individuals with disabilities.

Nowadays, rehabilitation after military trauma is crucial for veterans' physical and mental well-being. It helps them recover from injuries, both physical and psychological, sustained during their service. Physical rehabilitation focuses on restoring mobility, strength, and function through therapies like physical therapy, occupational therapy, and prosthetics. This helps veterans regain independence and participate in daily activities. Psychological rehabilitation addresses the emotional and mental scars of war, such as post-traumatic stress disorder (PTSD), depression, and anxiety. Therapies like cognitive behavioral therapy (CBT) and group therapy help veterans manage symptoms, develop coping mechanisms, and reintegrate into civilian life. Rehabilitation also provides support for veterans to address social and economic challenges they may face after leaving the military.

Throughout this textbook, you will explore the foundations of rehabilitation science and practice, the principles of assessment and treatment planning, the role of various rehabilitation professionals, including physical therapists, occupational therapists, speech-language pathologists, and psychologists, the use of technology in rehabilitation, such as robotics, virtual reality, and telemedicine, ethical and legal considerations in rehabilitation practice, and current research and emerging trends in the field.

By mastering the foundational concepts of rehabilitation and advancing your English skills, you will be better prepared to support individuals with disabilities. We encourage you to actively engage with the material, ask questions, and apply your learning to real-world scenarios. We believe that by understanding the principles of rehabilitation, as well as mastering your English language skills, you will be well-equipped to contribute to the well-being of individuals with disabilities and enhance their quality of life.

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Медична англійська. Терапія та реабілітація

за редакцією Павла Содомори

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Технічний редактор *О. С. Парфенюк*
Коректор *Л. Я. Шутова*
Комп'ютерна верстка: *О. С. Парфенюк*

Підписано до друку 01.09.25. Формат 84×108/16. Папір офсетний.
Гарнітура *IBM Plex Sans*. Друк офсетний. Ум. друк. арк. 16,80. Зам. № 2511.

ПП “Нова Книга”,
21029, м. Вінниця, вул. М. Ващука, 20.
Свідоцтво про внесення суб'єкта видавничої справи
до Державного реєстру видавців, виготівників
і розповсюджувачів видавничої продукції
ДК № 2646 від 11.10.2006 р.

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