

MY

KOPYBOOK

*The English dictionary for French
physiotherapists*



EDITORIAL NOTE



“
Bonjour,

Le Bureau National de la FNEK est heureux de vous présenter ce guide de vocabulaire spécifique à la kinésithérapie, à destination des étudiant·e·s et des professionnel·le·s en exercice.

Il nous paraissait indispensable d'apporter un guide de ressources en anglais que ce soit pour les cours ou stages de formation initiale ou pour des prises en soins de meilleure qualité avec des patients anglophones.

Merci à la Société Française de Physiothérapie d'avoir participer à la relecture de notre travail.

Bonne lecture !

“
Hello,

The FNEK national board is pleased to present this guide of vocabulary specific to physiotherapy, intended for students and practising professionals.

We felt it was essential to provide a resource guide in English whether for initial training courses or internships or for better quality care with English-speaking patients.

Thanks to the Société Française de Physiothérapie for reviewing our work.

We hope you enjoy reading it !



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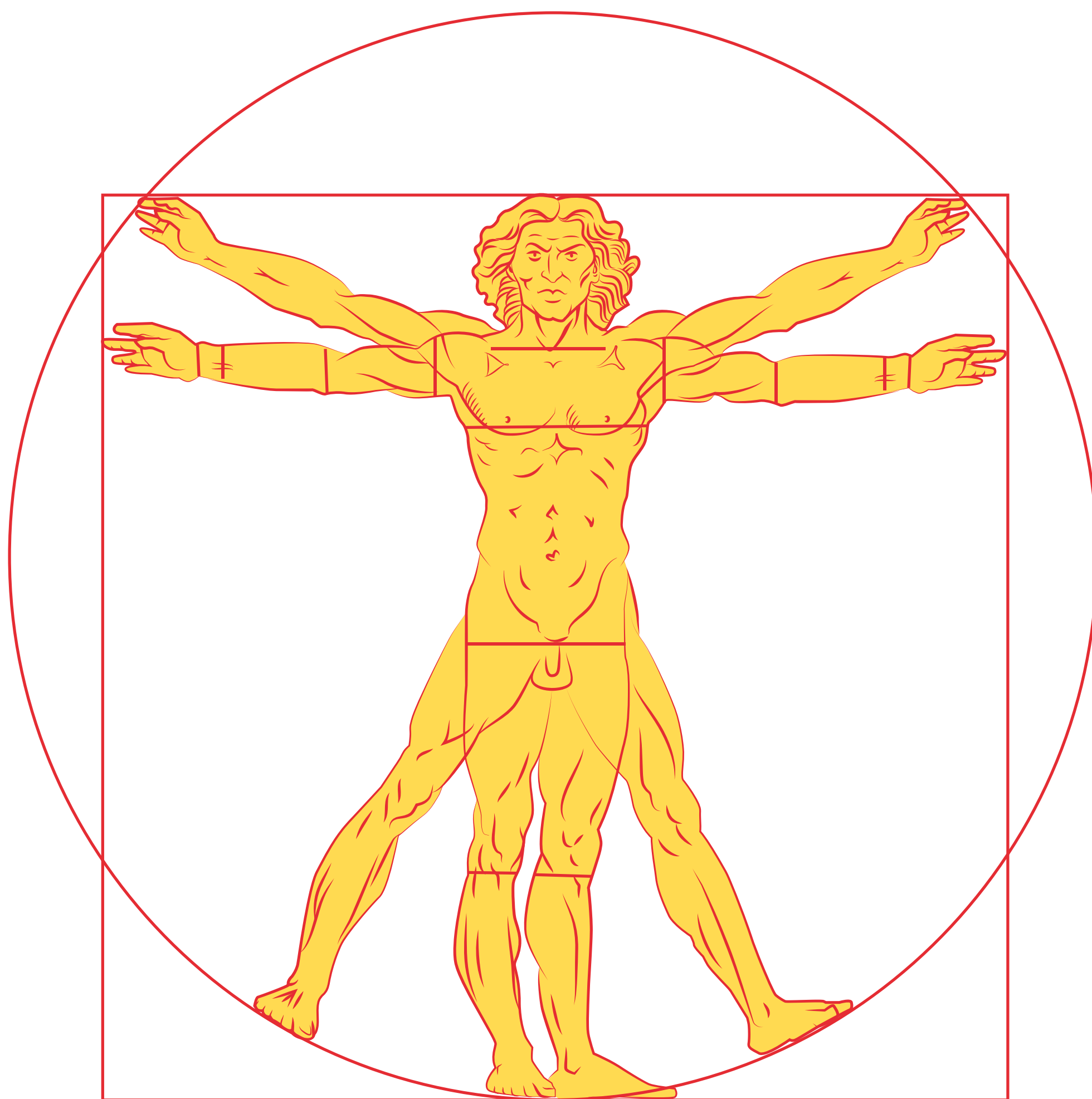
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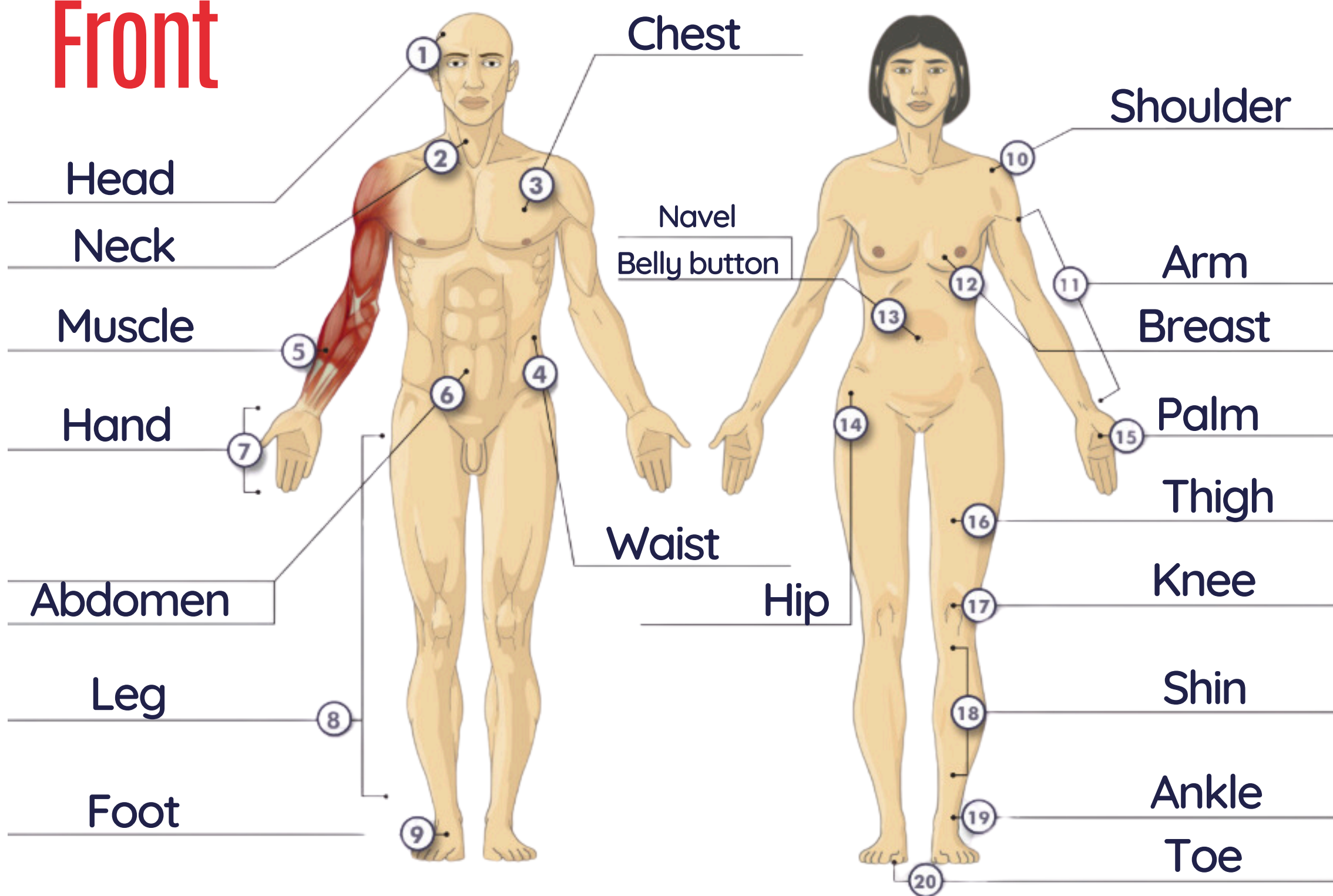
CHAPTER 1

ANATOMY

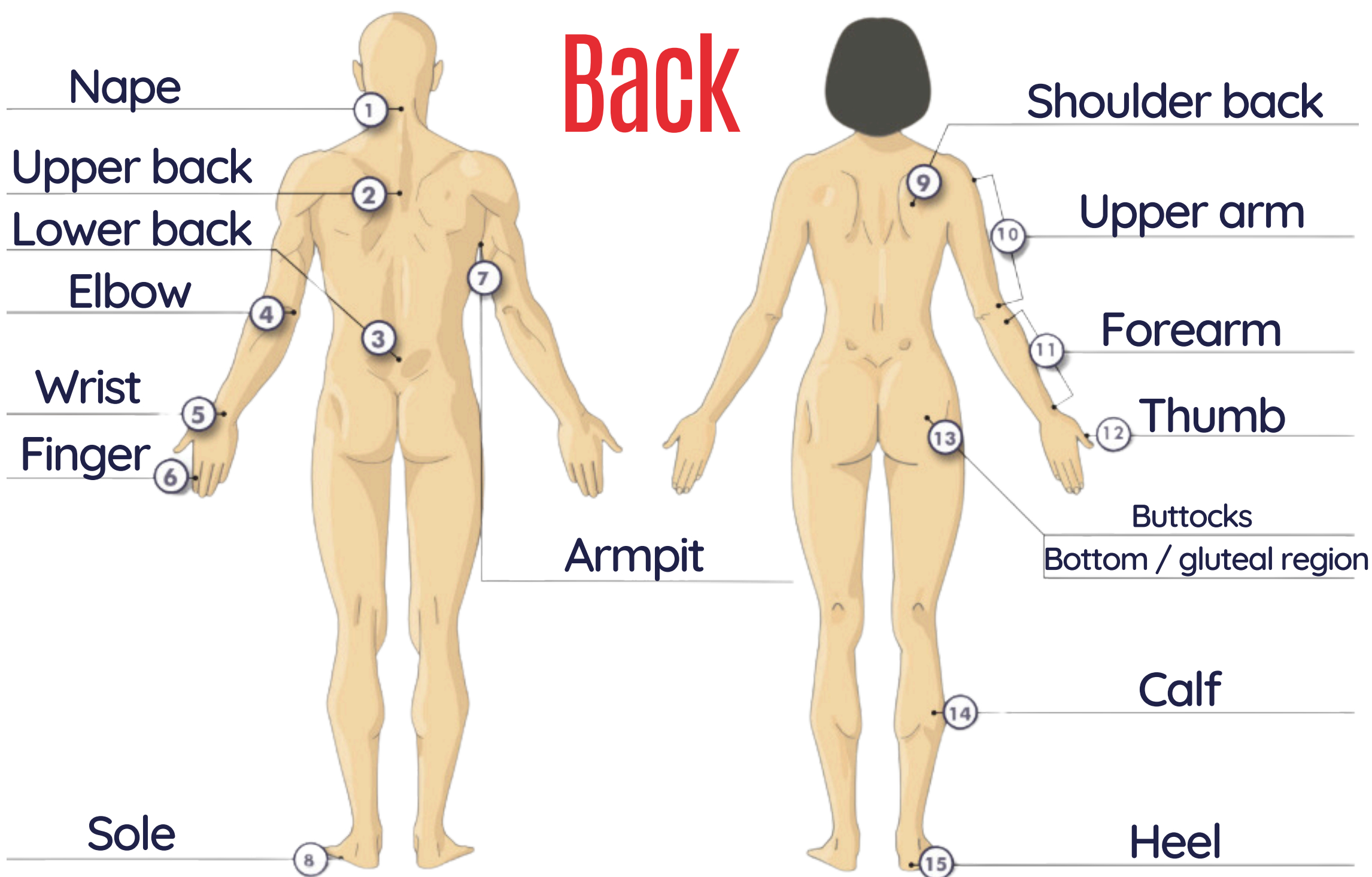


BODY PARTS

Front

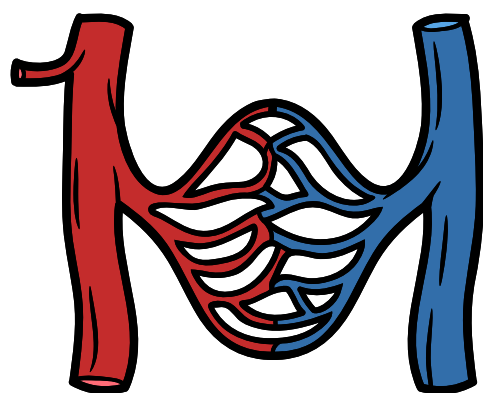


Back



Blood cells

Arteries

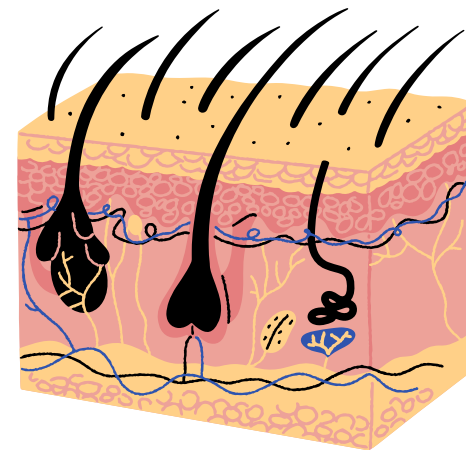


Veins



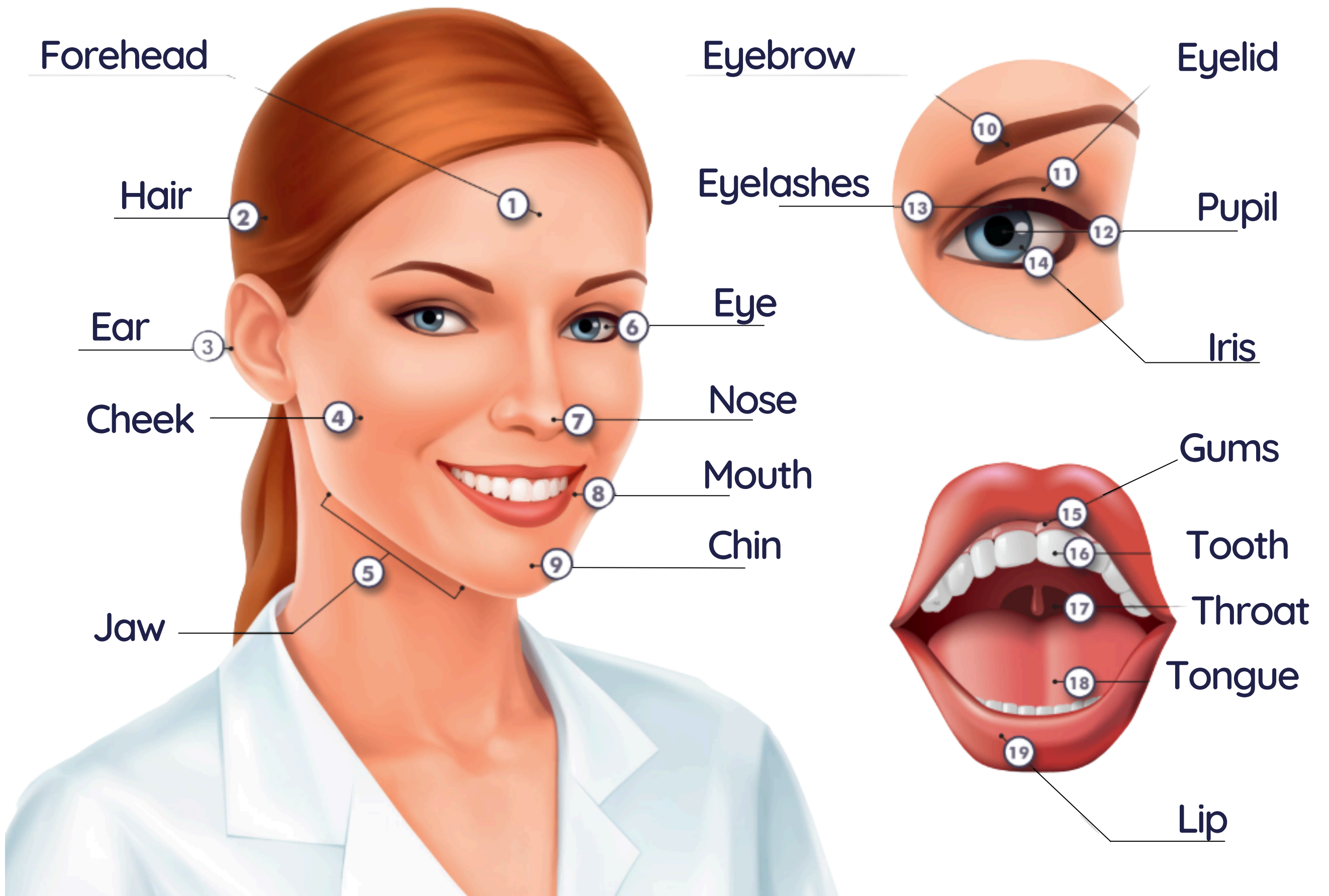
Fingernail

Hair

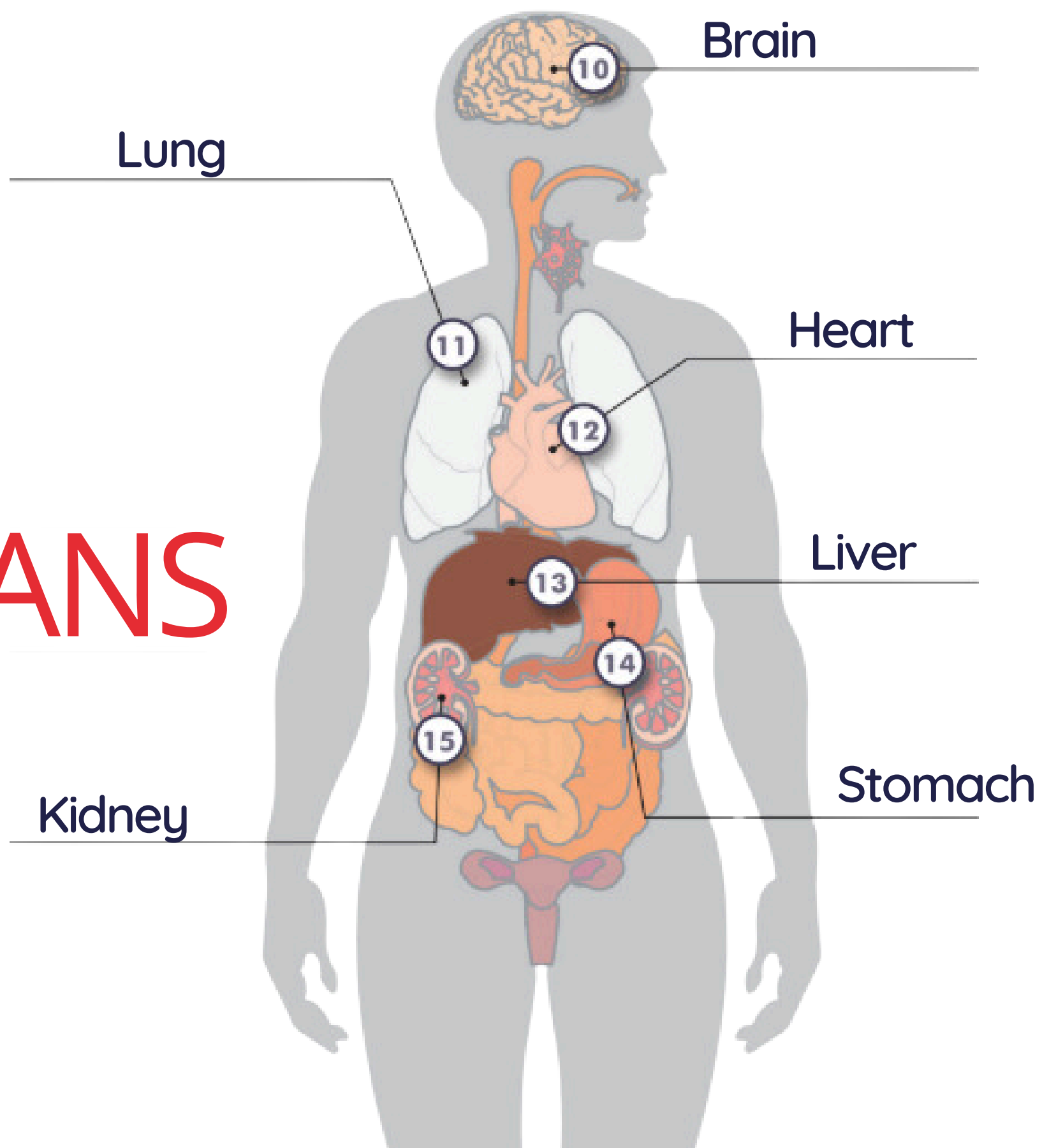


Skin
Epidermis

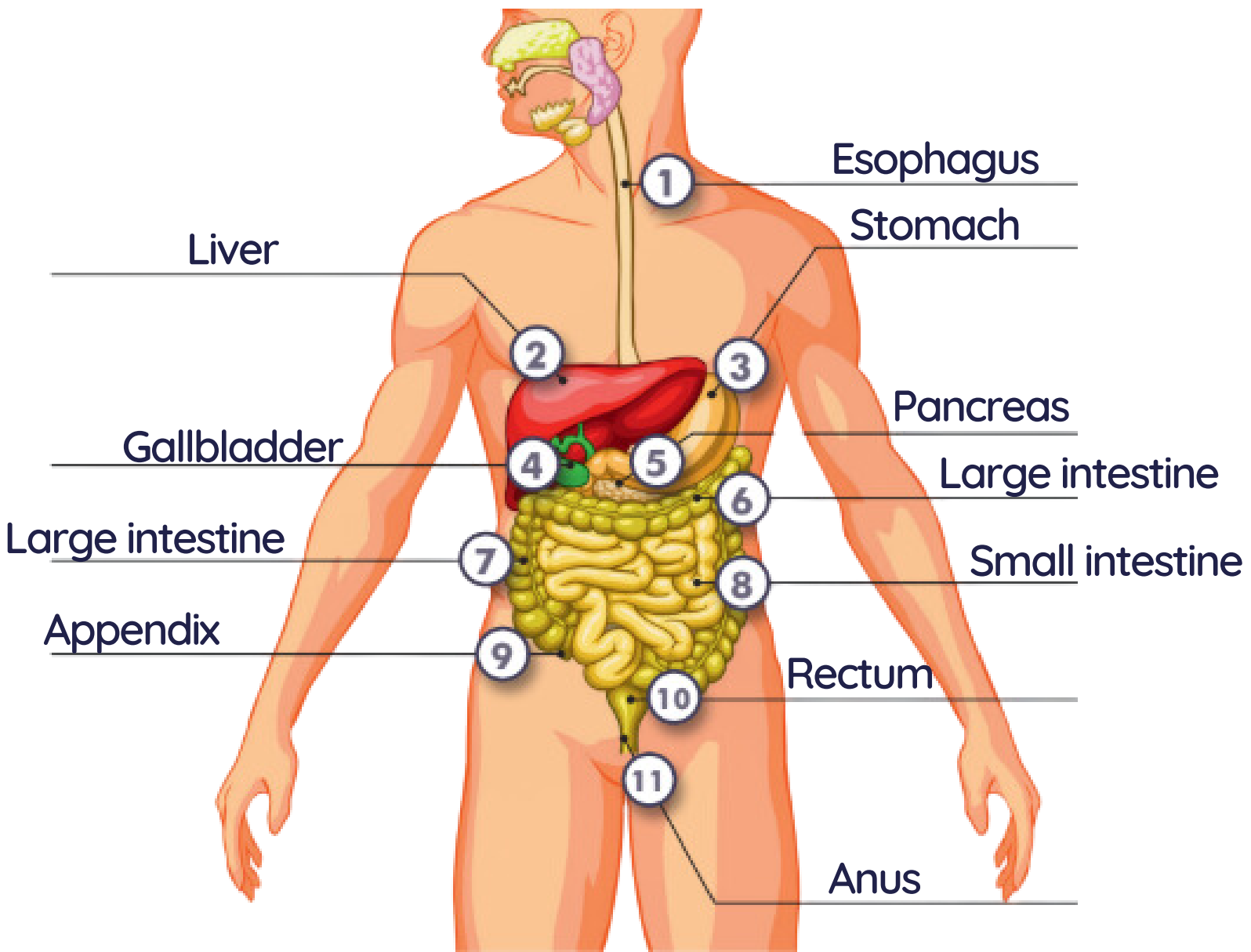
FACE



ORGANS

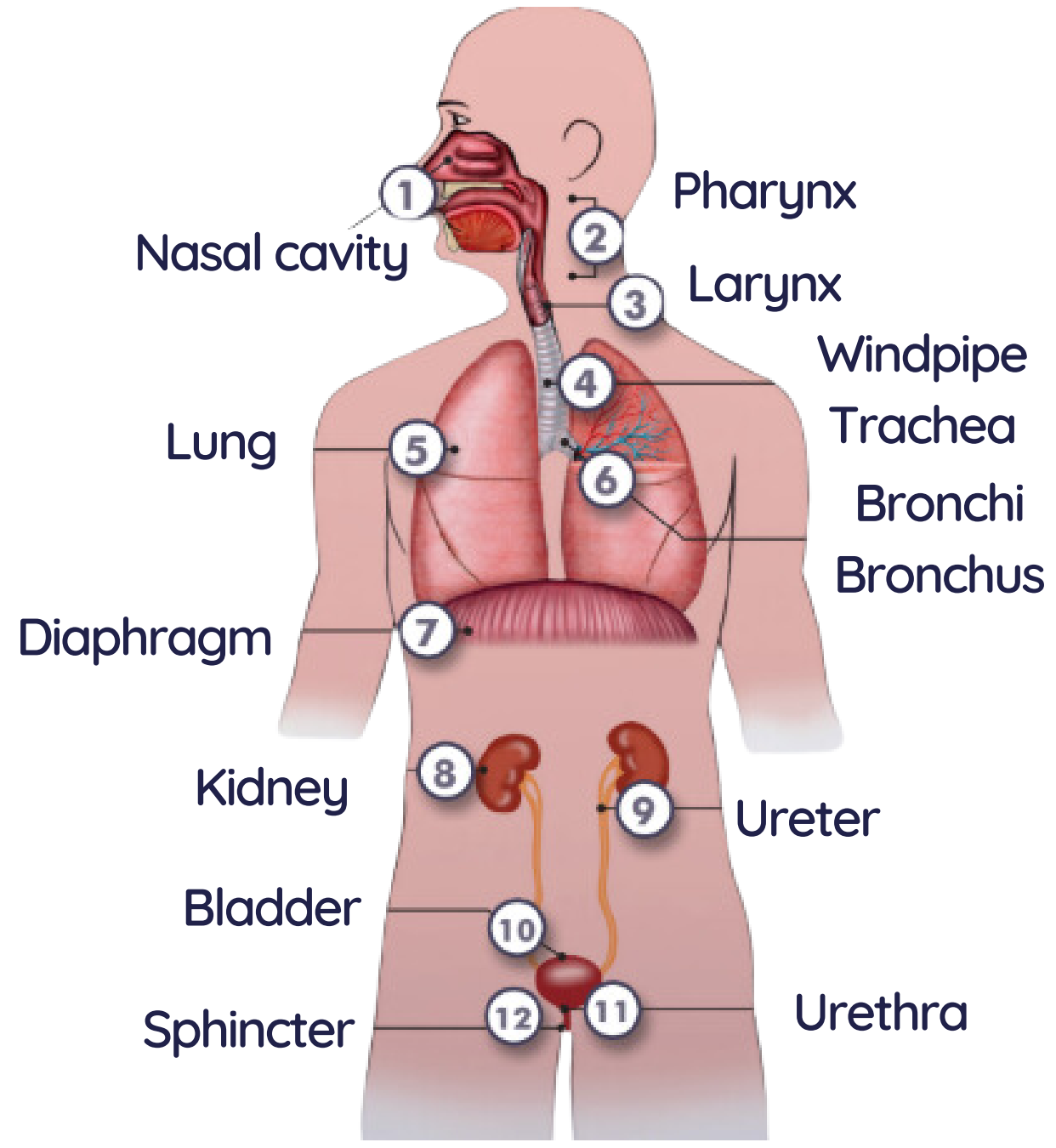


SYSTEMS

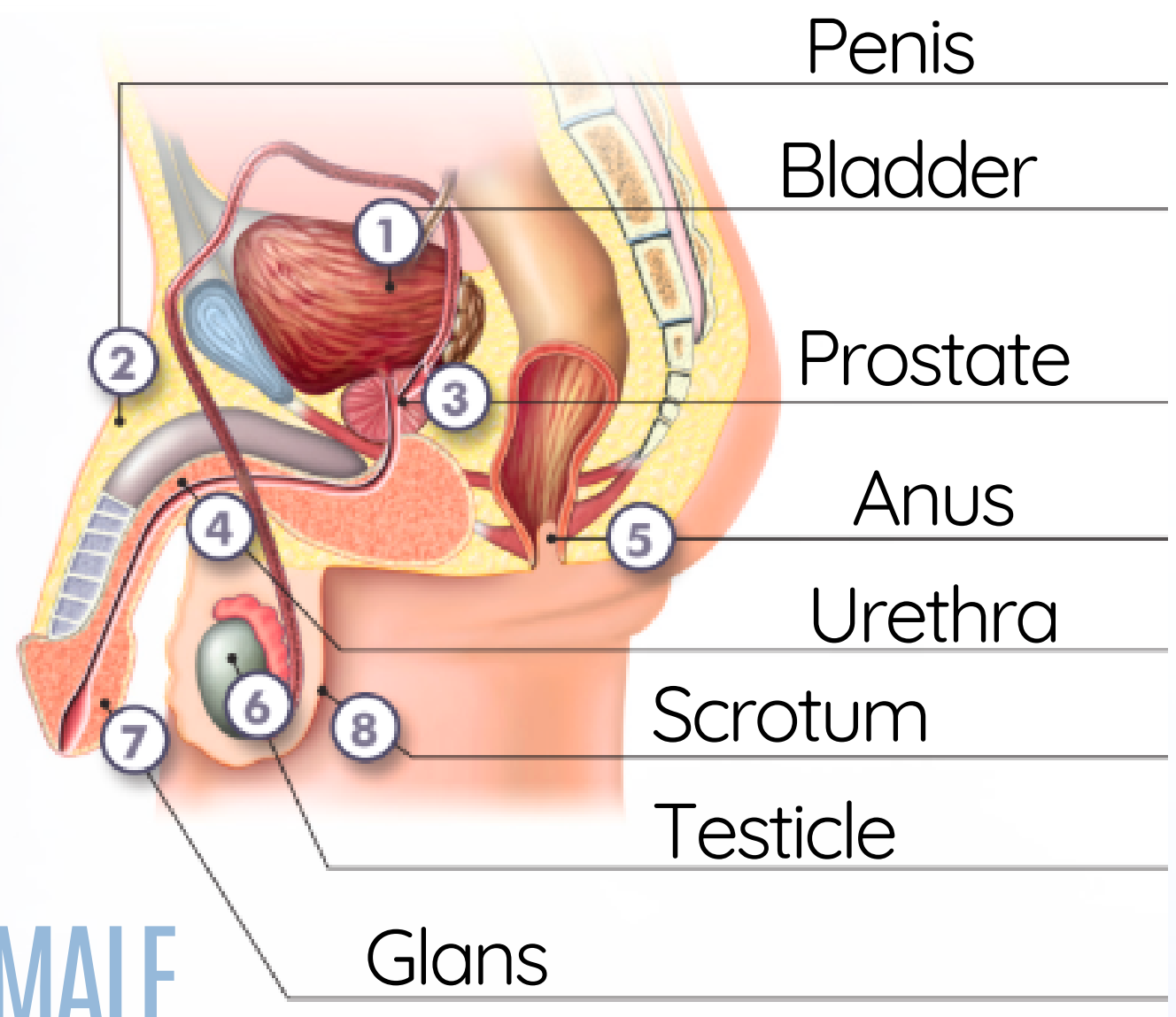


Digestive system

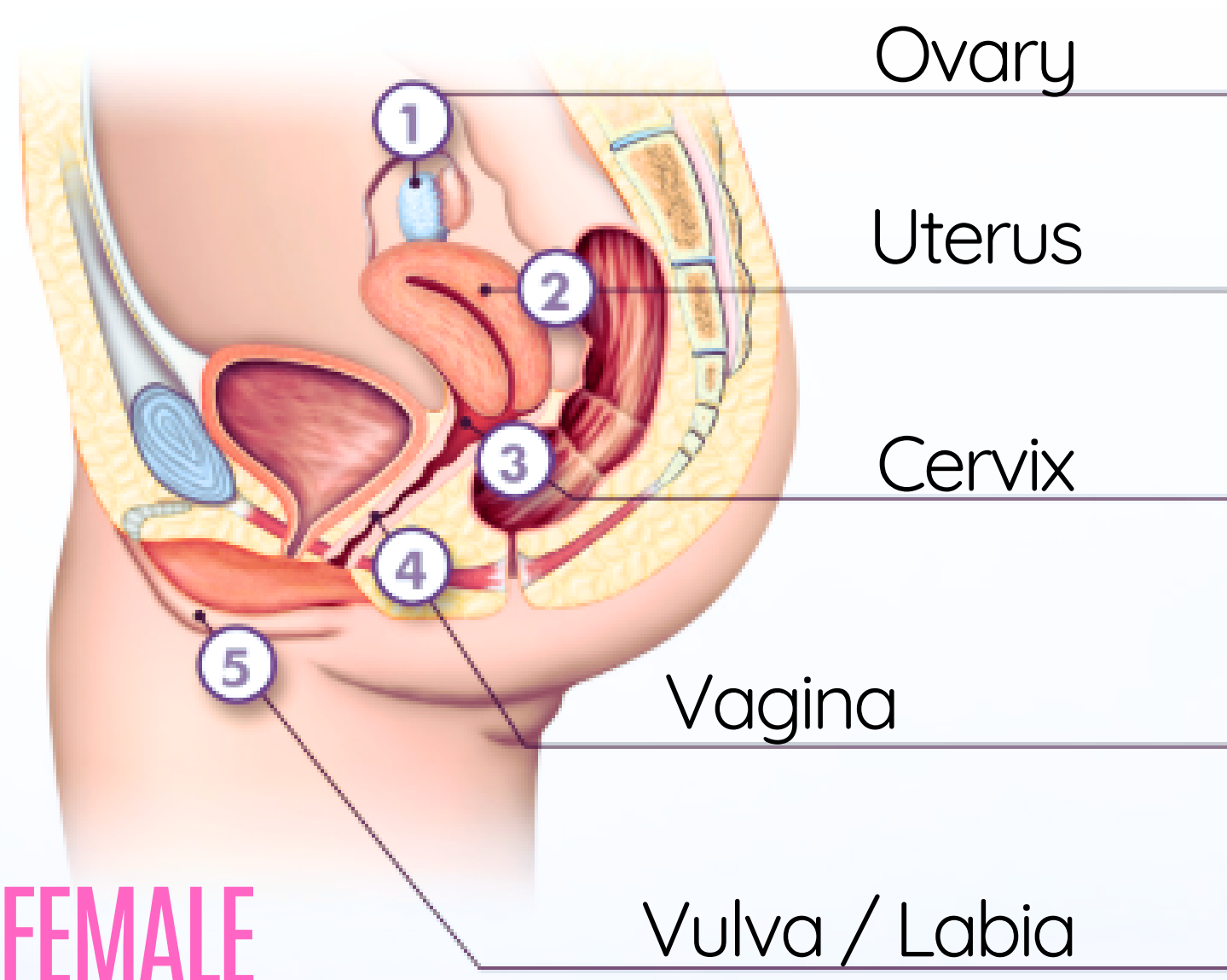
Respiratory and urinary system



Reproductive system

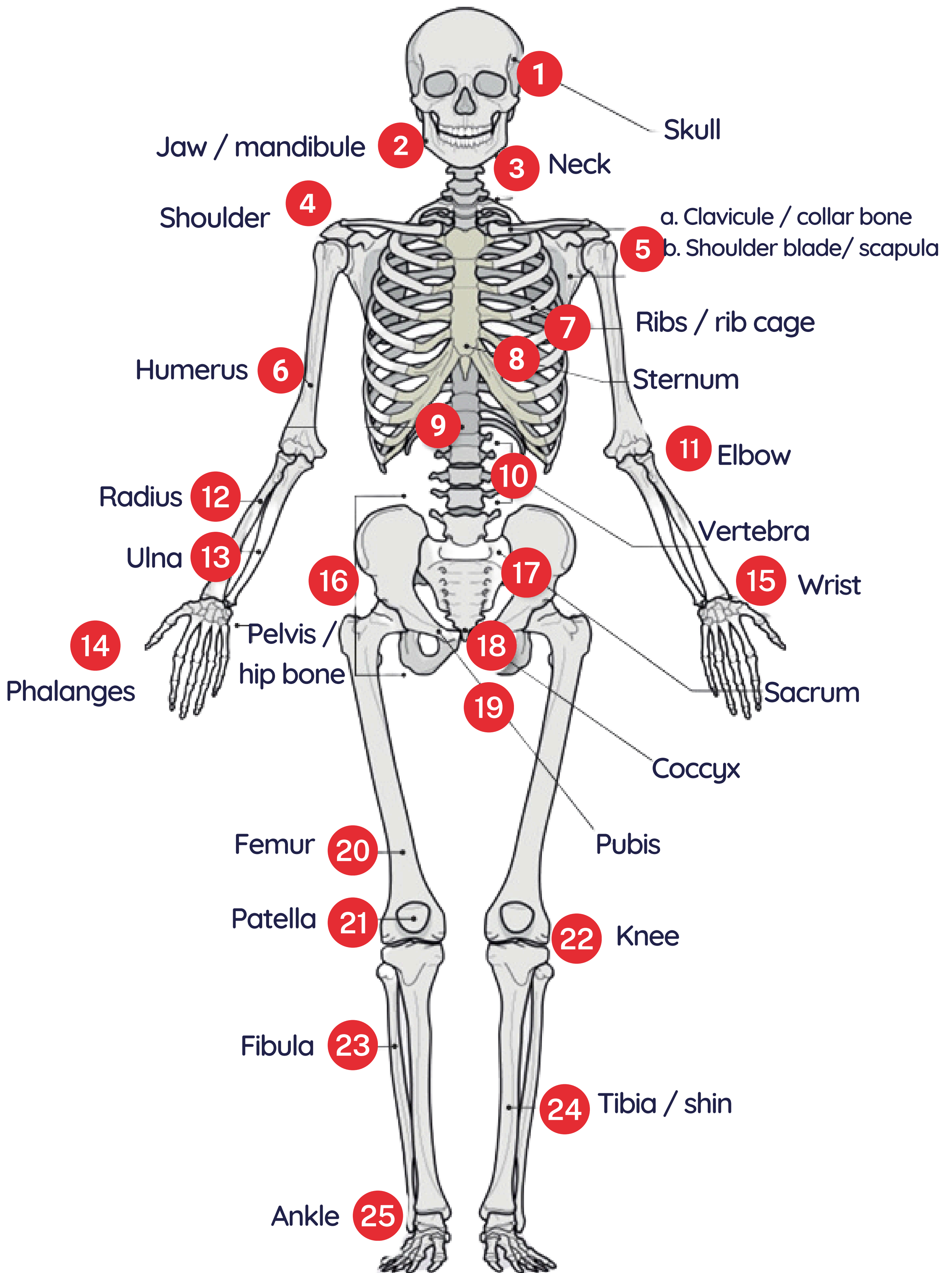


MALE



FEMALE

BONES & JOINTS



VERBS-BODY FUNCTIONS



Senses

To analyse	To see
To process	To smell
To control / command	To hear
To coordinate	To taste
To record / remember	To touch
To forget	To monitor
To feel	

Respiration

To breathe / take a breath
To be short/out of breath
To expectorate
To blow
To fill
To inhale / exhale
To sniff
To cough



Movement

To contract / squeeze	To stretch
To shake	To twist
To hold / stay still	To relax
To lie down	
To stick out	
To push / pull	
To strain	
To raise / lift	



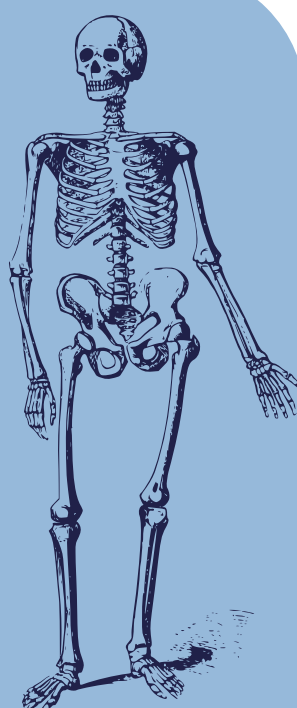
Digestion

To absorb / digest	To drool
To pee / urinate	
To defecate/ have a bowel movement	
To bite	
To chew	
To burp	
To swallow	
To throw up	



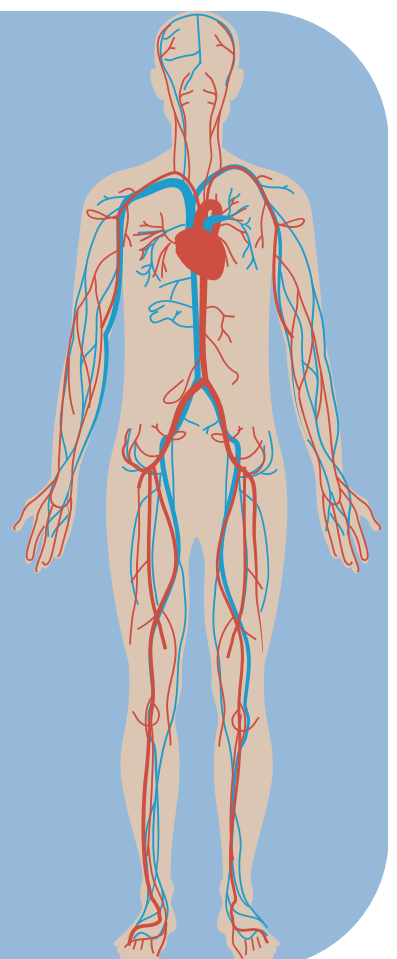
Skeleton

To protect
To support
To bend
To break/ fracture
To dislocate / luxate
To crack
To repair / heal / mend
To grow



Circulation

To deliver
To carry / transport
To flow / circulate
To bleed
To beat
To dilate
To collect
To pump

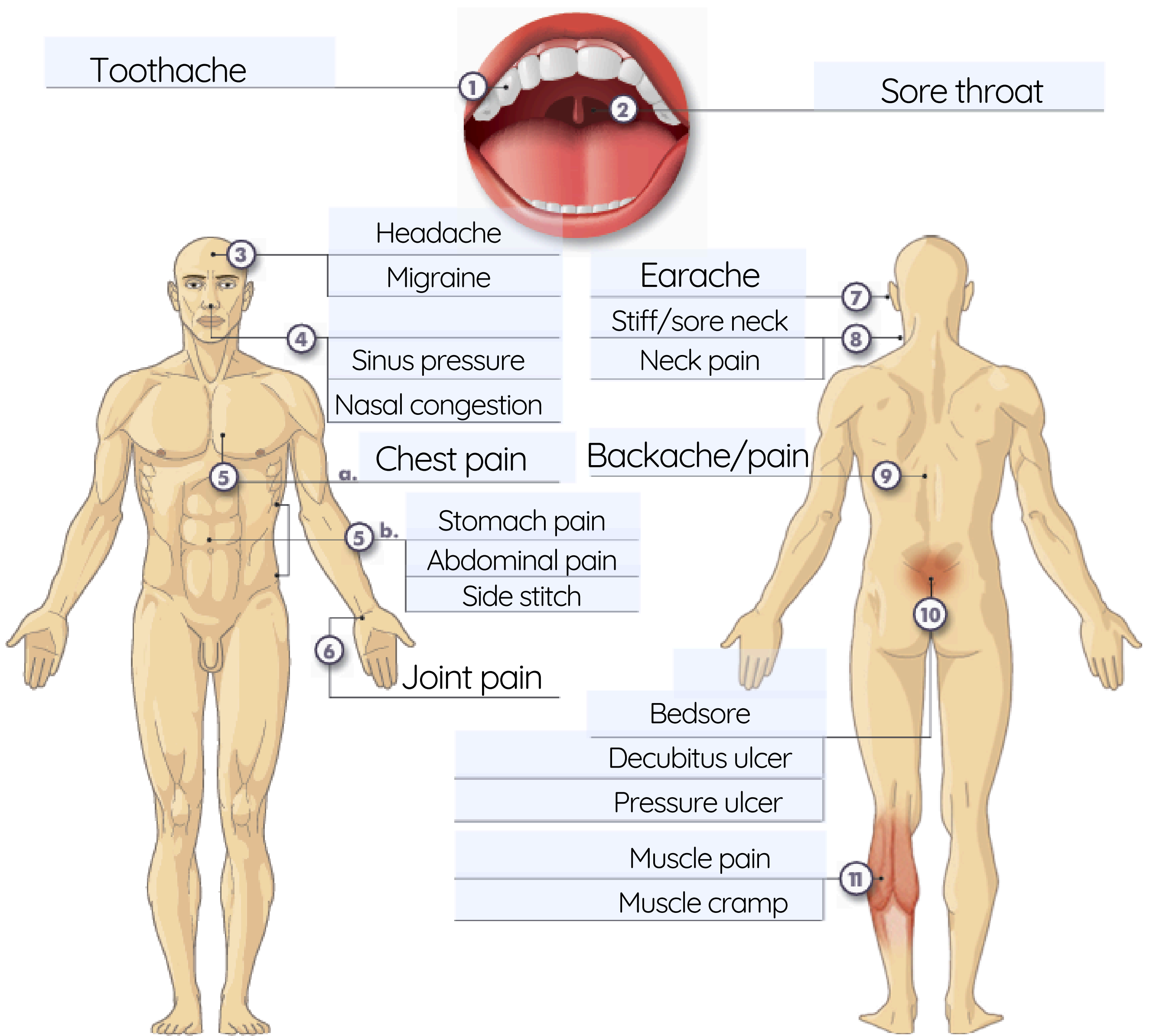


CHAPTER 2

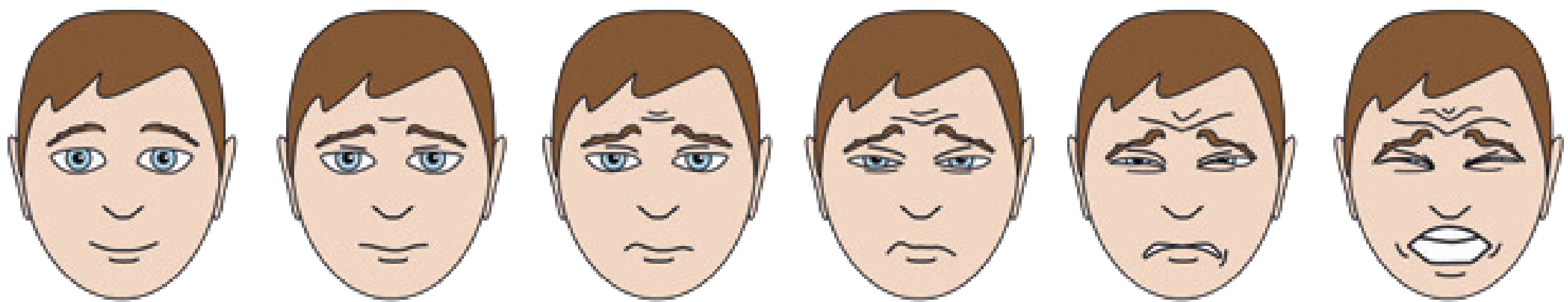
SYMPTOMS, INJURIES & MEDICAL CONDITIONS



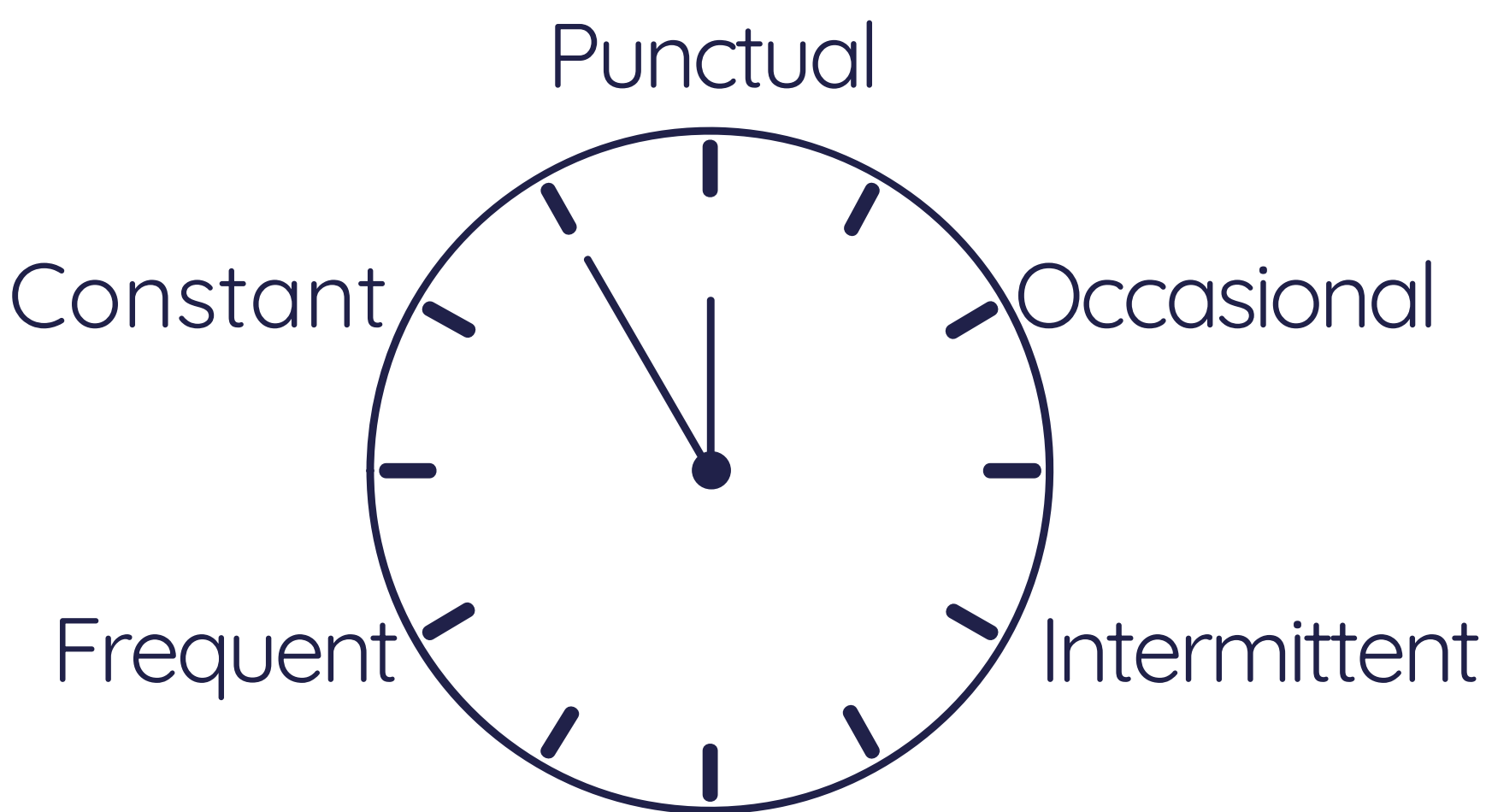
ACHES & PAIN



DESCRIBING PAIN



- 1 Slight pain
- 2 Mild
- 3 Bearable
- 4 Moderate
- 5 Average
- 6 Quite bad
- 7 Intense
- 8 Acute
- 9 Unbearable
- 10 Agonizing



Acute < 3 months
Chronic > 3 months

Tender / sensitive



Itchy

Shooting

Stabbing

Burning



Cramping



Throbbing / pounding

Pinching



Tingling / stinging



Pressure



SYMPTOMS & INJURIES



1 Fever / high temperature



2 Dizziness



3 Nausea



4 To vomit / throw up



5 Cough



6 Sneeze



7 Rash / spots



8 Fatigue



9 Runny / stuffy nose



10 Watery eyes



11 Bruise / contusion



12 Cut



13 Sunburn



14 Blister



15 Swollen finger



16 Nose bleed



17 Sprained ankle



18 Insect bite



19 Fracture

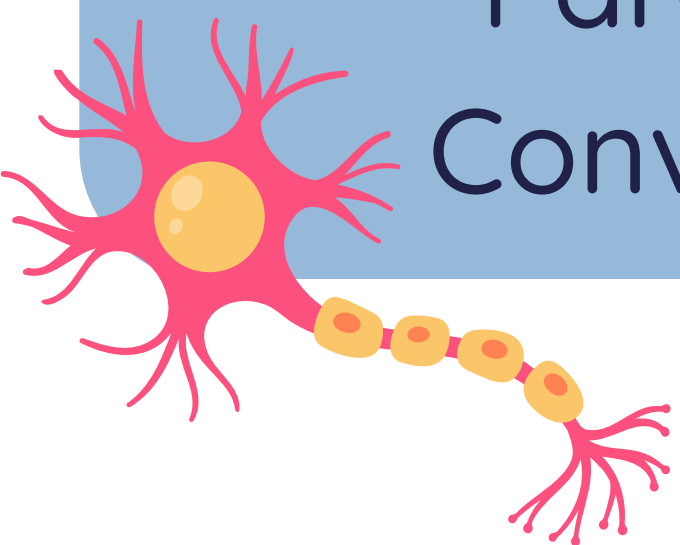


20 Head bump

Other symptoms :

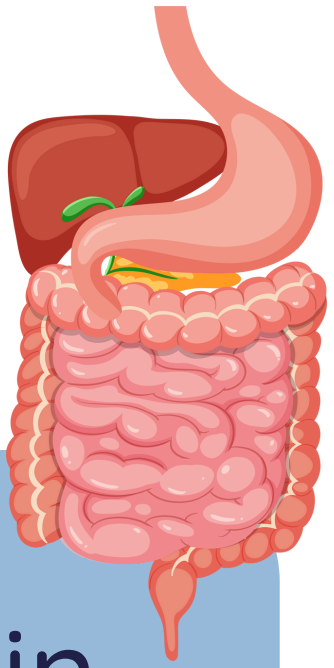
Neurological

Unresponsiveness
Floppiness
Drowsiness
Disorientation
Fainting
Blurred vision
Numbness
Paralysis
Convulsion



Digestive

Weigh loss / gain
Bloating / flatulence
Diarrhea / constipation
Gas
Gastric reflux
Loss of appetite
Yellowing of skin
Paleness

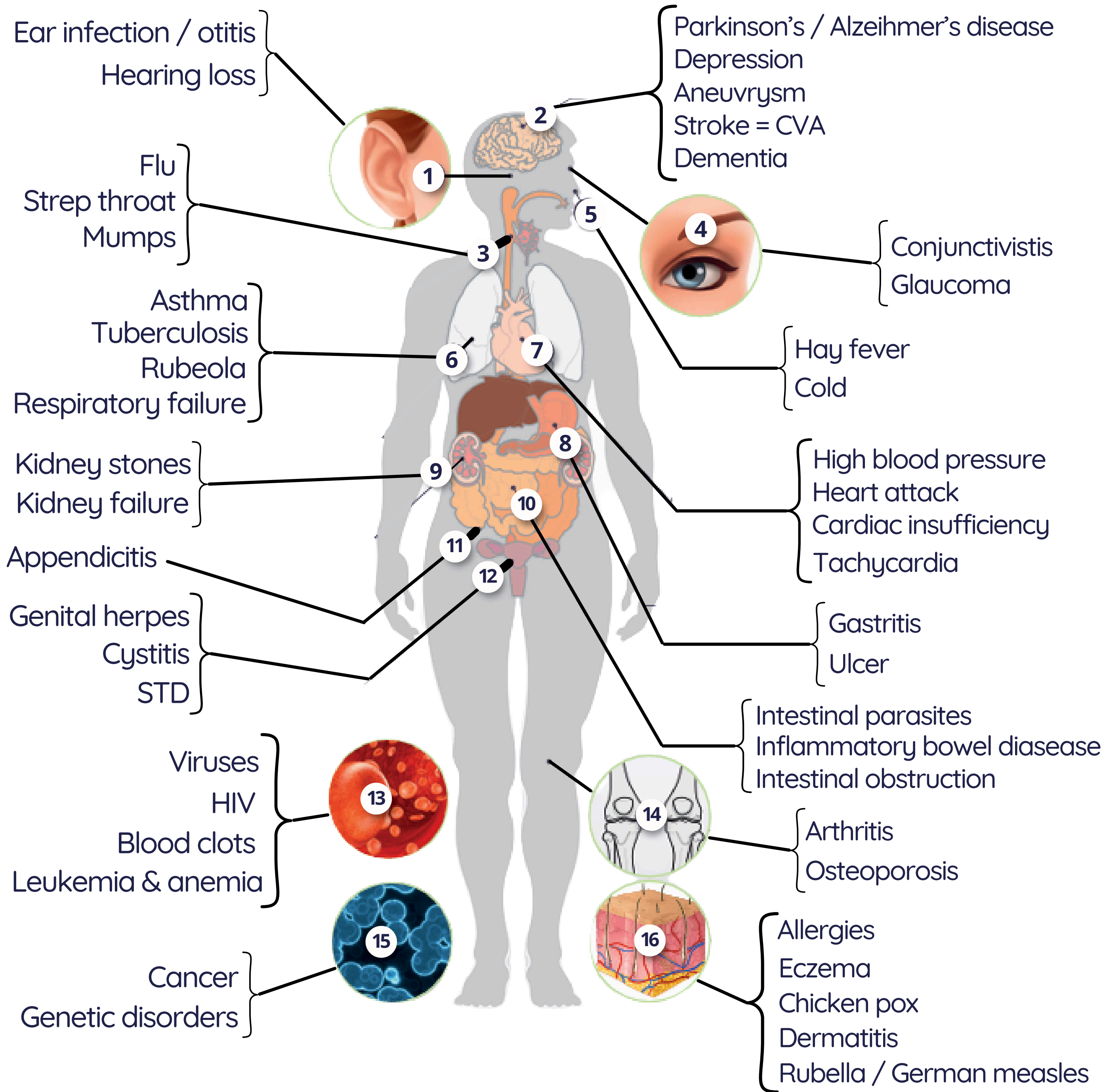


Cardio-respiratory (fever...)

Bleeding / hemorrhage
Chills
Difficult breathing
Excessive sweat
Heatburn



MEDICAL CONDITIONS



CHAPTER 3

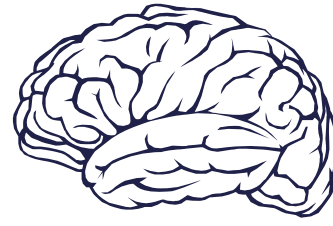
HOSPITAL STAFF, ROOMS AND ADMISSIONS



HOSPITAL STAFF



Administrator/
Secretary / Nurse



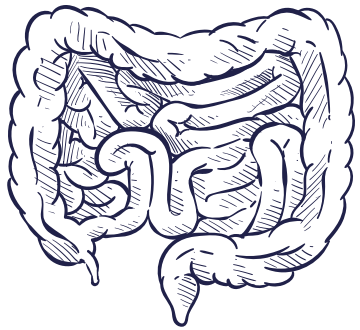
Neurologist / Psychiatrist



Doctor / General
practitioner



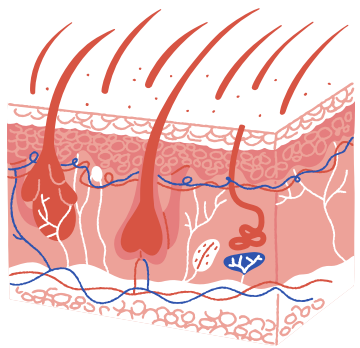
Ophthalmologist



Medical internist



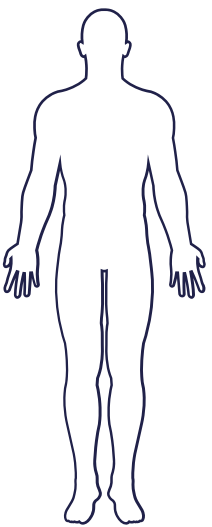
Cardiologist



Dermatologist



Hematologist



Physical therapist



Oncologist



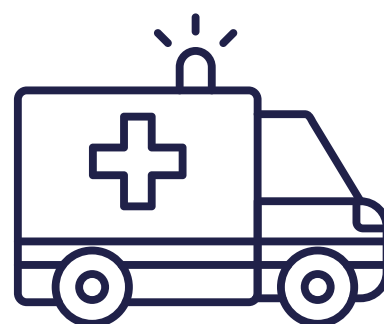
Obstetrician-
gynecologist /
Midwife



Pediatrician



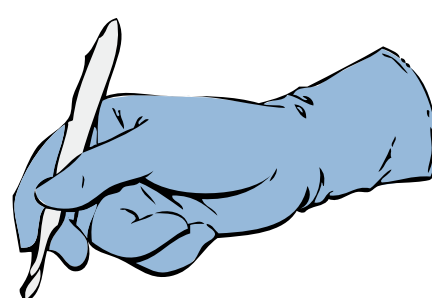
Geriatrician



Emergency medical
technician / physician

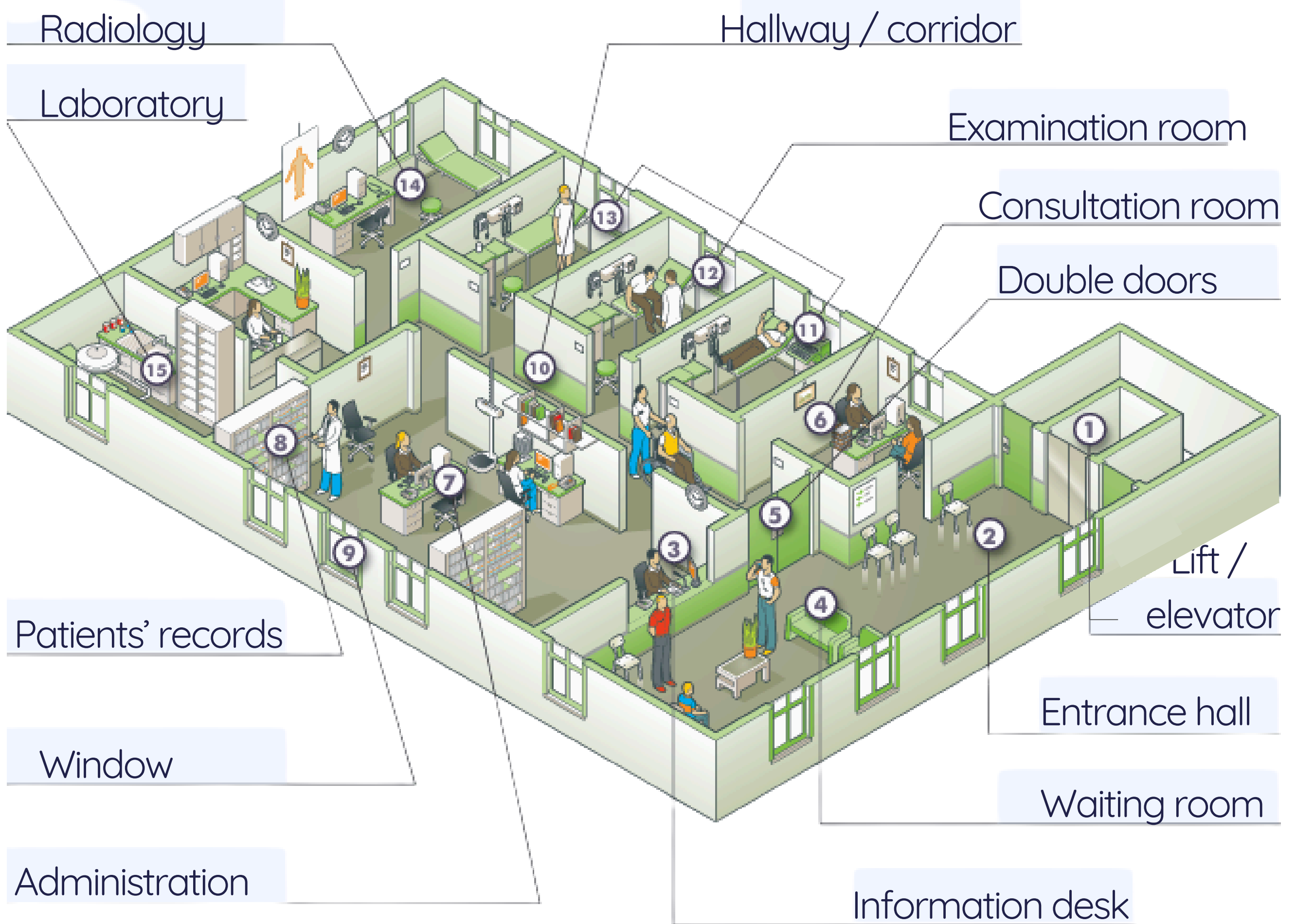


Radiologist

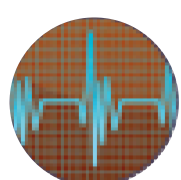
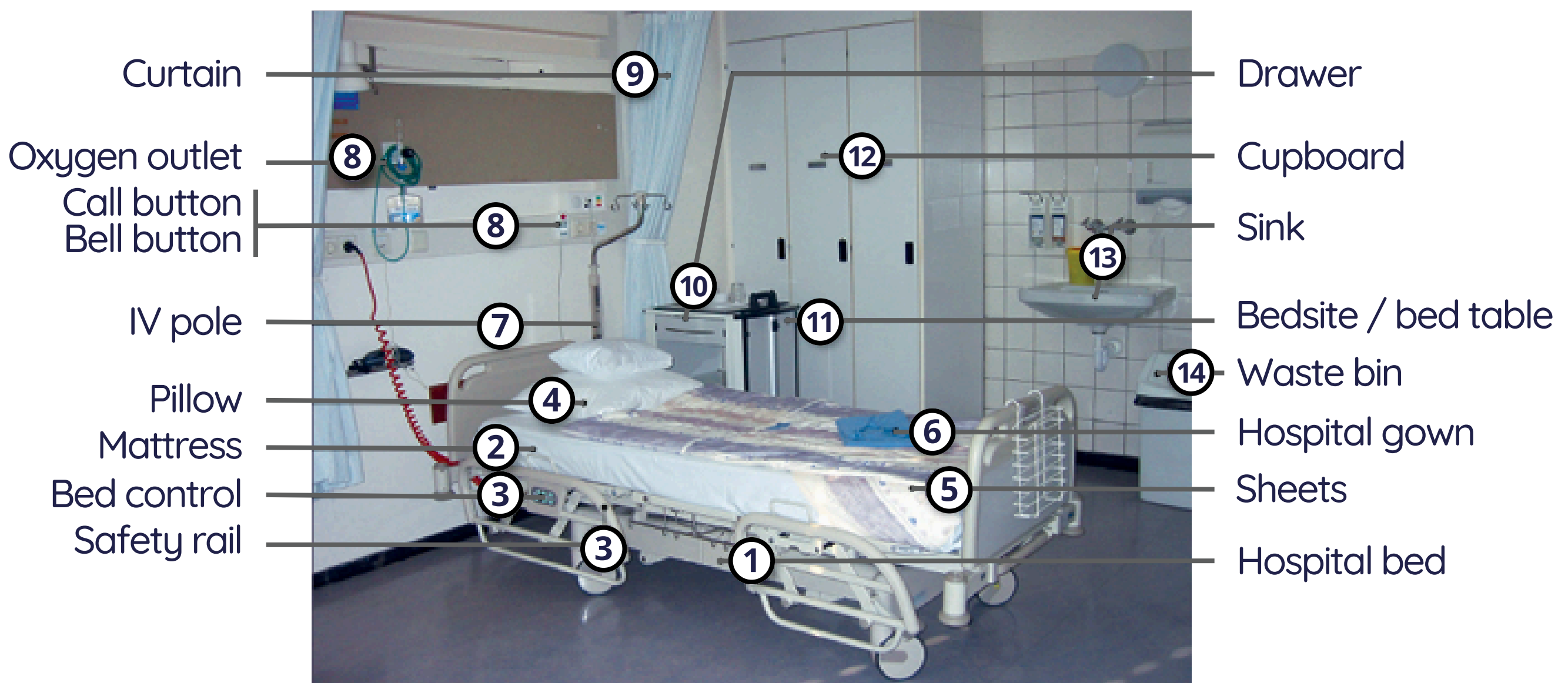


Surgeon / Anesthesiologist

HOSPITAL WARDS



Patient's room



Vital signs monitor



Armchair



Wheelchair



Blanket

Other wards :

Accidents & Emergencies unit / department
 Intensive / critical care unit
 ENT department (ear, nose, throat)
 Operating room
 Pharmacy

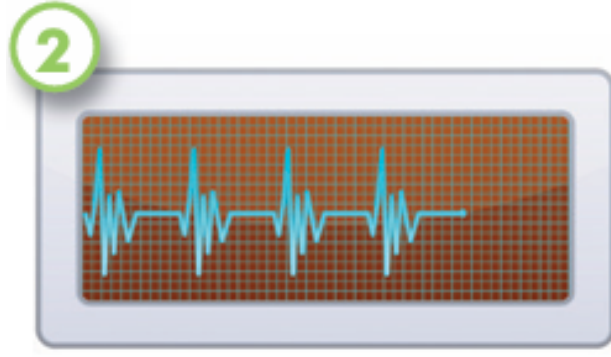
Admission form :

First Name/Given Name	Maiden Name	Last Name/Family Name/Surname
New Patient YES <input type="checkbox"/> NO <input type="checkbox"/>	Gender MALE <input type="checkbox"/> FEMALE <input type="checkbox"/>	D.O.B (date of birth) dd/mm/yyyy / /
Place of Birth	Next of Kin/Closest Relative	Organ Donor YES <input type="checkbox"/> NO <input type="checkbox"/>
Permanent Address, Zip/pin code, City, State/Country	Current Address, Zip/pin code, City, State/Country	Contact Number/Phone Number
Marital Status Single <input type="checkbox"/> Legal union <input type="checkbox"/> Widow(er) <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/>	Present Occupation N/A <input type="checkbox"/> Student <input type="checkbox"/> Unemployed <input type="checkbox"/> Retired <input type="checkbox"/> Job	Reason for Admission
Time of Appointment	Time of Arrival	GP (general practitioner) /Family Doctor
Social Security Number	Health Insurance Company	Blood Type
Weight	Height	Smoking Intake
Alcohol Intake	Narcotics Intake	Allergies
Medical History/Health History	Current Treatment/Medication	Family History (mental illness/diabetes/TB /HIV /AIDS/cancer...)
Vaccines	Last Period	Pregnant YES <input type="checkbox"/> NO <input type="checkbox"/>
Recent Travels	Empty Stomach YES <input type="checkbox"/> NO <input type="checkbox"/>	Pain Level Select a Pain Level 1 2 3 4 5 6 7 8 9 10

MEDICAL EQUIPMENT



Wheelchair



Vital signs monitor



Stretcher/gurney



IV pole/line



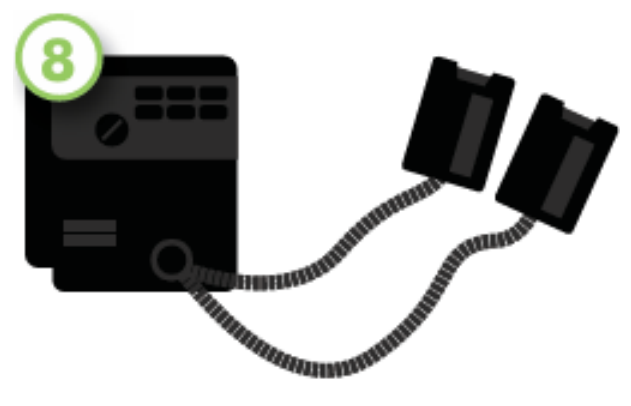
Medchart



MRI scanner



Examination table



Defibrillator



Kidney bowl



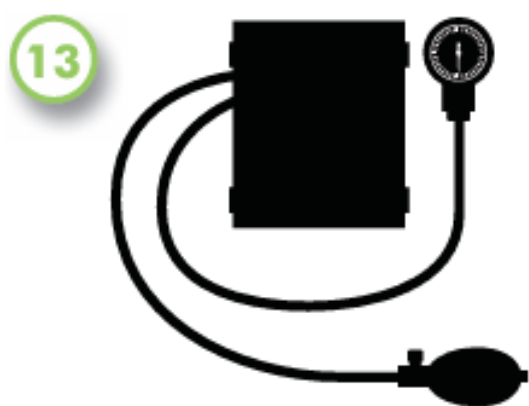
Tourniquet



Syringe



Needle



Blood pressure monitor



Scalpel



Tongue depressor



Stethoscope



Gloves



Thermometer



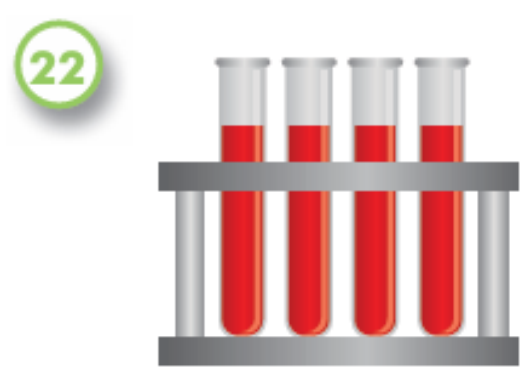
Tweezers



Scissors



Medication



Test tubes



Bandage/covering







Bedpan

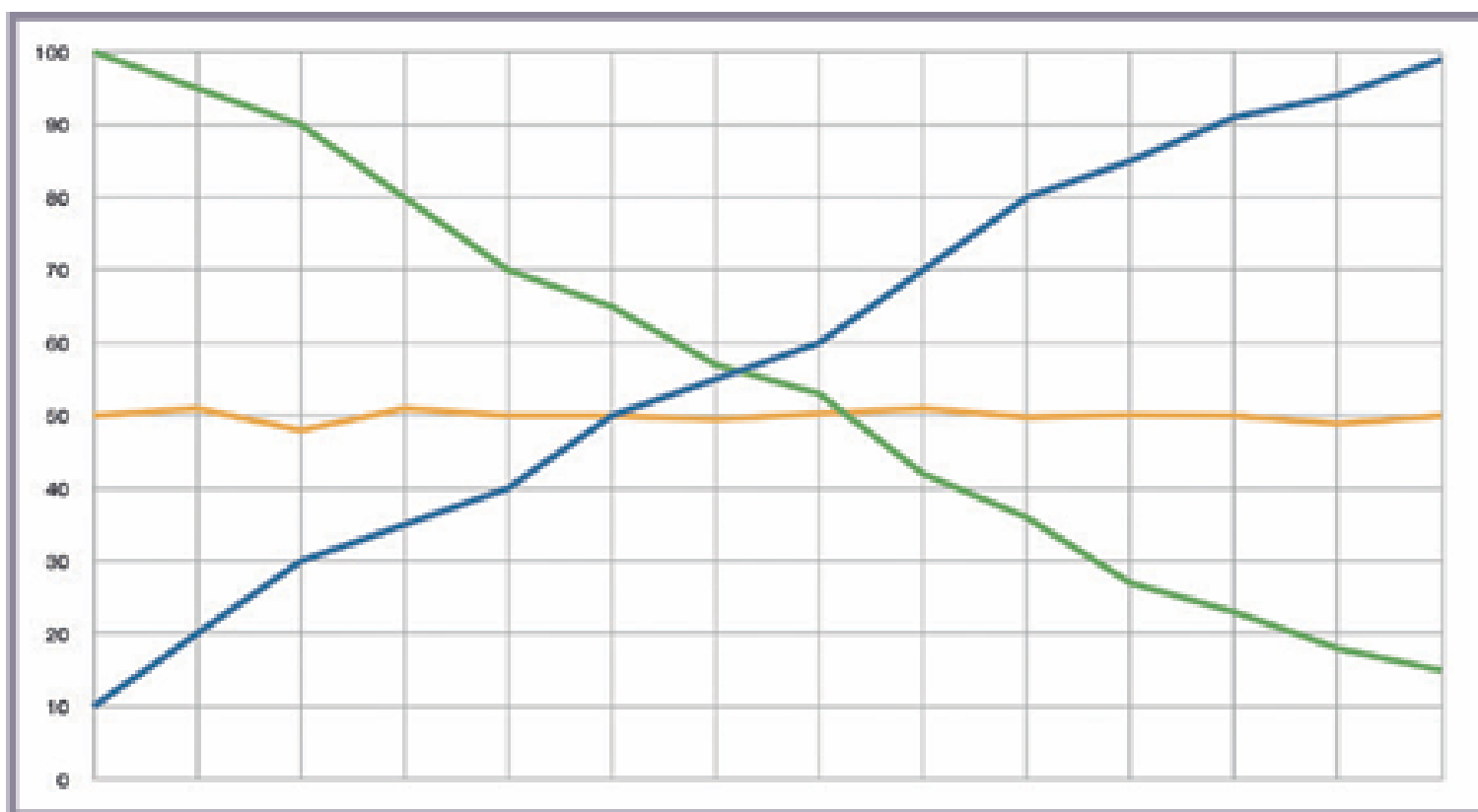


Otoscope

VITALS SIGNS

Tool	Measurement	Meaning	Normal Range
	°C / °F	Degrees Celcius / Fahrenheit	36.5°-37.5°C Fever > 30°
	BPM	Beats per min	60-80 bpm
	BPM	Breaths per min	> 20 bpm
	BP	Blood pressure (...over...)	9-14/9

TPR-BP charts/curves :

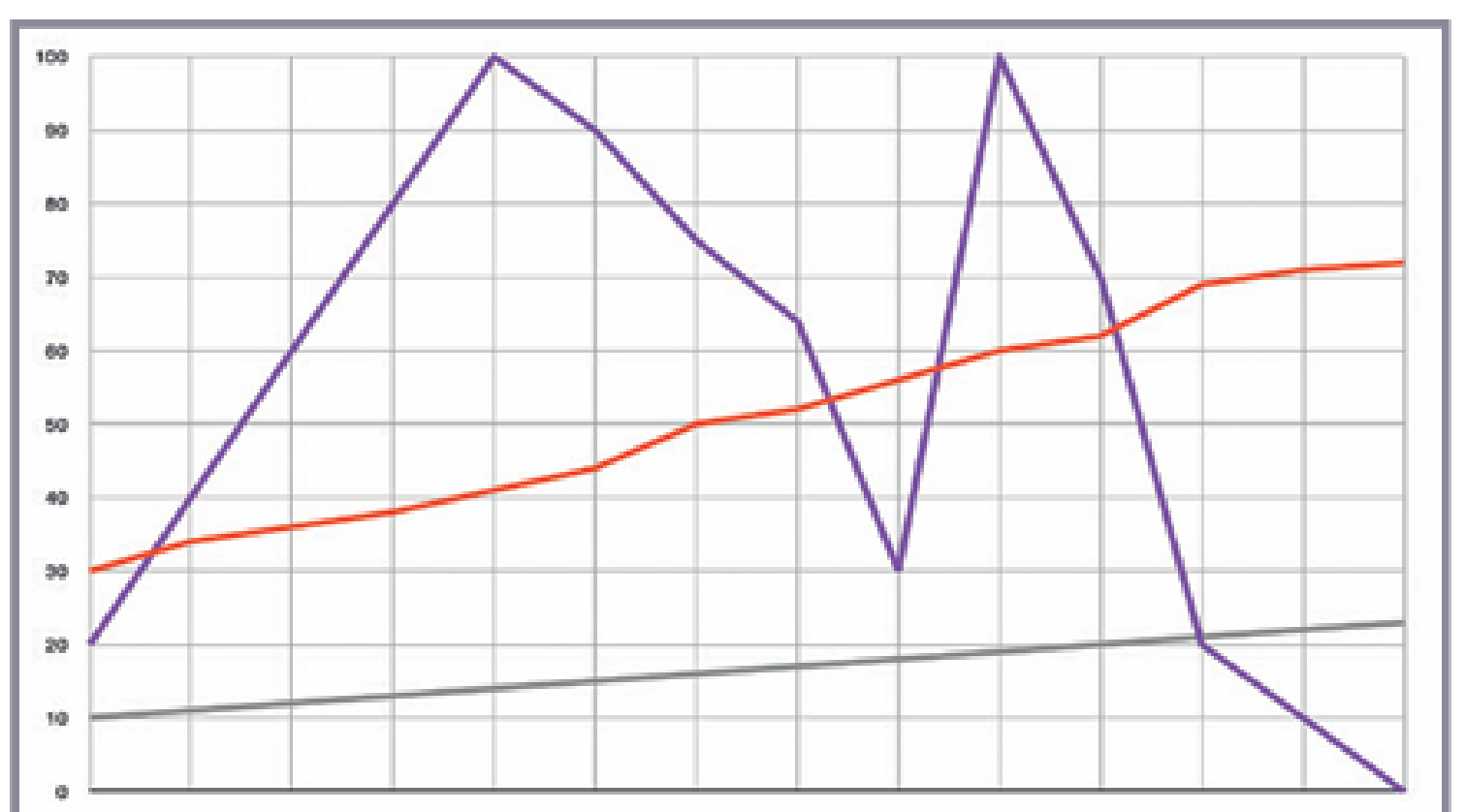


To go up, to increase, to rise

To remain stable / constant, to stay the same

To go down, to decrease, to fall

Sharply
Steadily
Slightly



CHAPTER 5

ACCIDENTS AND

EMERGENCIES, FIRST AID



ACCIDENTS & EMERGENCIES

①



Fall

②



Electrocution

③



Burn

④



Drowning

⑤



Poisoning

⑥



Severed finger

⑦



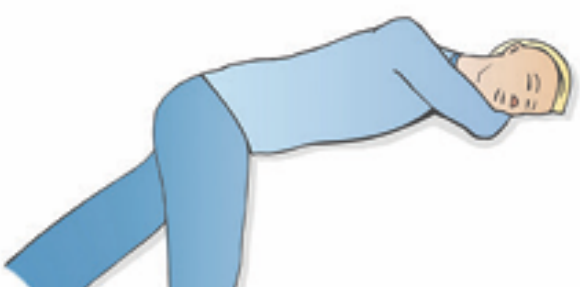
Asphyxiation

⑧



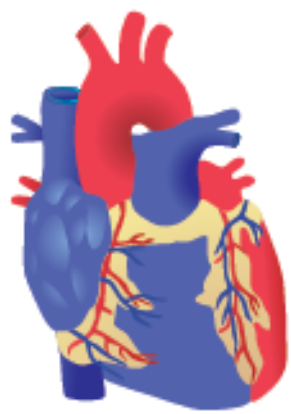
Animal bite

⑨



Fainting lift/
syncope

⑩



Heart attack/
cardiac arrest

⑪



Stroke/CVA

⑫



Frostbite

⑬



Overdose

⑭



Choking/
food poisoning

⑮



Fracture/
spain

⑯



Insect bite

FIRST AID

Kit

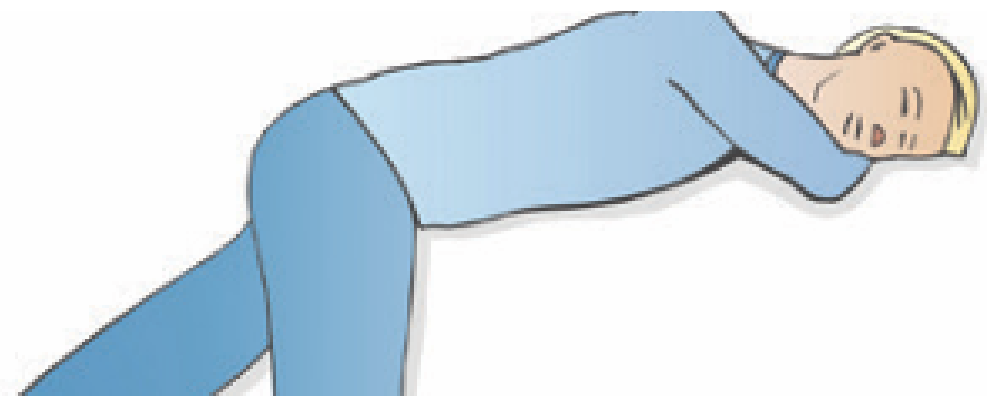


Procedures

Cardiopulmonary resuscitation



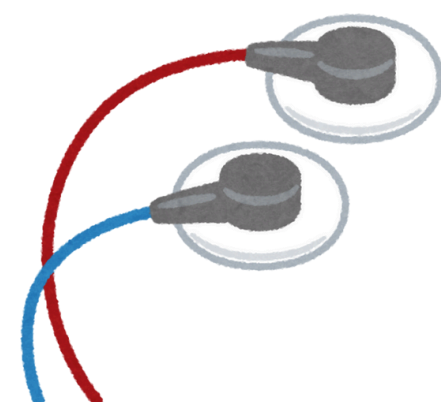
Recovery position



Heimlich maneuver



Electrodes/paddles
Defibrillator



CHAPTER 6

PHYSIOTHERAPY



BASICS



Physical therapist /
physiotherapist



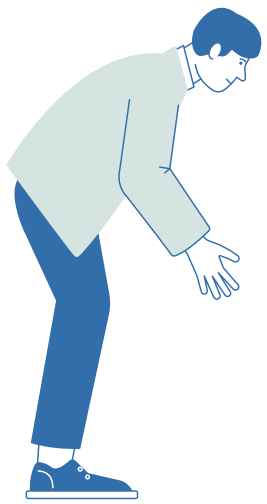
Exercise



Balance



Gait



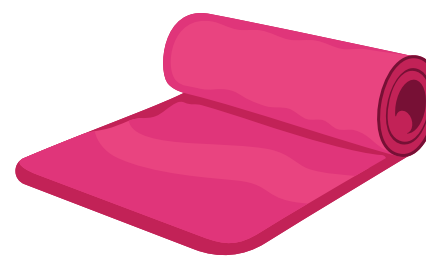
Bending



Stretching



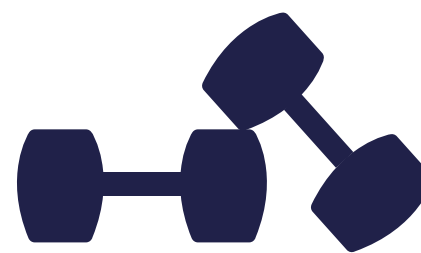
Recovery



Exercise mat



Resistance band



Weights



Rehabilitation



Pain management



Muscle strengthening



Private practice

MUSCULOSKELETAL FIELD



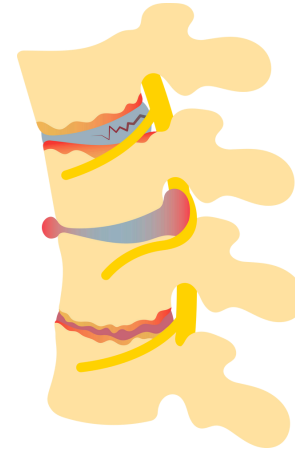
Range of motion /
joint mobility



Myotatic reflex



Manual therapy



Lumbar pain / low
back pain



Spinal alignment



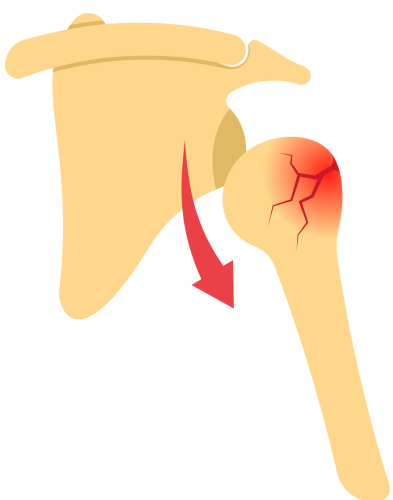
Posture correction



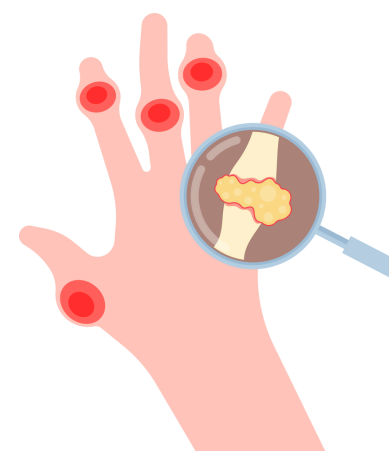
Massage



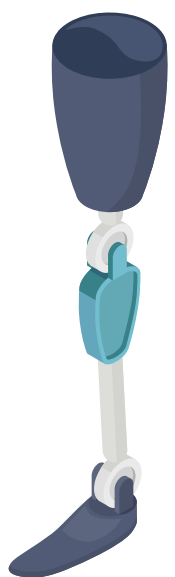
Inflammation



Dislocation



Osteoarthritis



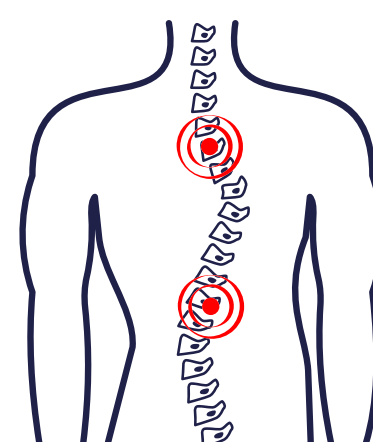
Prosthesis



Tendinopathy

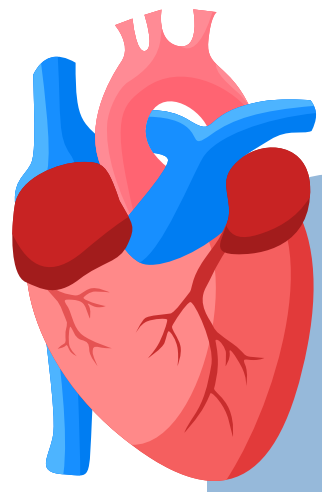


Sprain

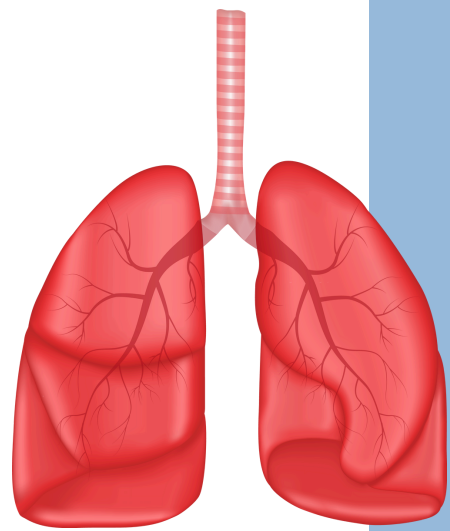


Scoliosis

CARDIORESPIRATORY FIELD



Conditions



Asthma

Diabetes

Bronchitis

Chronic obstructive pulmonary disease (COPD)

Cystic fibrosis

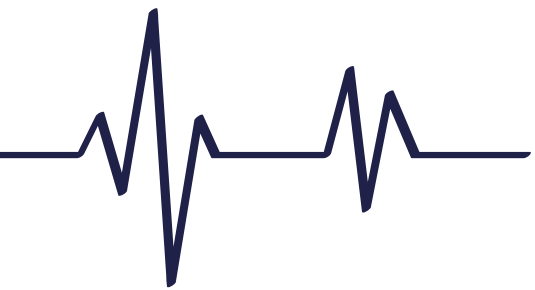
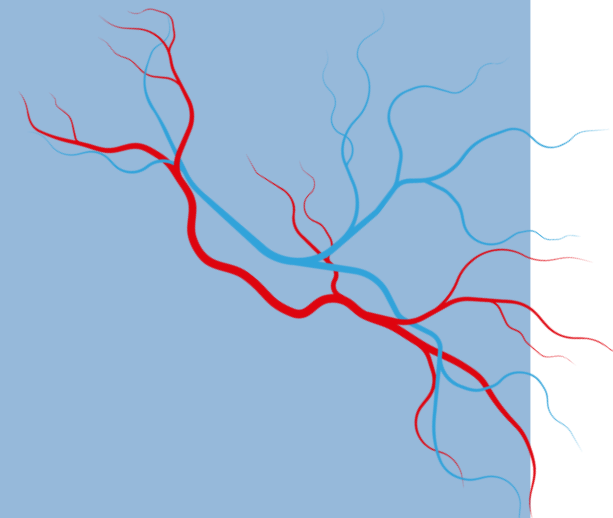
Heart failure

Artherosclerosis

Obesity

Arrhythmia

Coronary artery disease



Examination

Auscultation

ECG

Coughing

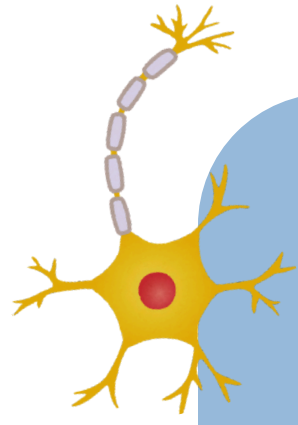
Active cycle of breathing technique (ACBT)

Forced Expiratory Technique (FET)

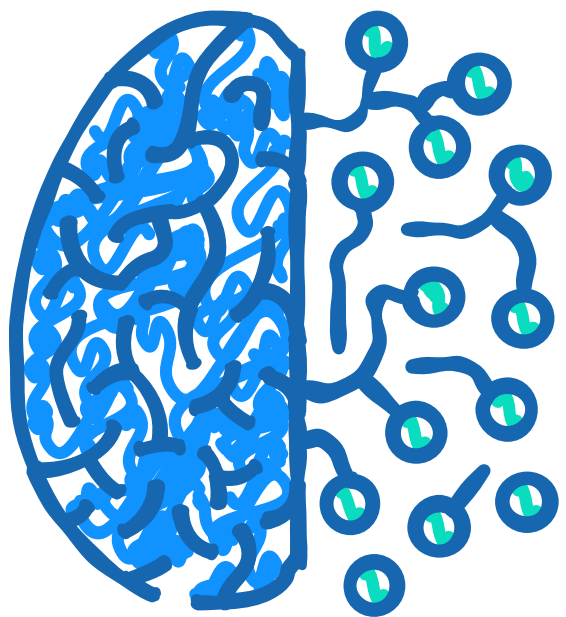


NEUROLOGICAL FIELD

Conditions



Stroke
Spinal cord injury
Para/Tetra/Hemiplegic
Cerebellar syndrome
Cerebral palsy
Cognitive disorders
Memory disorders
Sensory-motor disorders
Epilepsy
Fibromyalgia
Multiple sclerosis
Sciatica



Examination

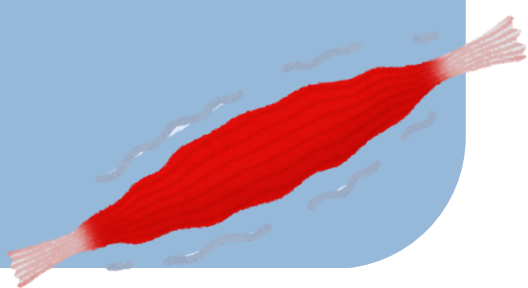
Modified Ashworth scale

Sensory assessment

Postural assessment

Fatigue severity scale

Medical Research Council
scale (MRC)





*The English dictionary for French
physiotherapists*

**We hope you have found
this guide useful.
Thank you for reading us.**



FNEK

