

JĘZYK ANGIELSKI ZAWODOWY DLA MASAŻYSTÓW / ENGLISH FOR MASSAGE THERAPISTS

OSTEOPATHY

1. Read the text and answer the questions below.

Przeczytaj tekst i odpowiedz na poniższe pytania.

1. Who is Andrew Taylor Still?
2. What is the core of the osteopathic practice?
3. What is the aim of osteopathic manipulation?
4. How does myofascial release work?
5. What's the difference between MET and SCS?

OSTEOPATHY

A sound knowledge of anatomy and physiology helps massage and physical therapists understand how the body is structured and the way it functions. By working on one part of the body therapists affect all body systems. If any body part malfunctions, other structures and functions may be affected. Andrew Taylor Still, an American physician and surgeon, founded a form of alternative medicine which keeps clear of the use of medication, and instead relies on the body's ability to heal to improve body function.

Osteopathy is based on the premise that body structures (cells, tissues, joints, organs, connective tissue) are **interrelated** and operate together as an integrated unit to make the body work perfectly and efficiently. If the body is incapable of self-healing, diseases follow. Osteopaths use manipulation to keep the body of a patient in a state of balance. When the body is in a state of balance, it has the ability to heal itself. The role of an osteopath is to aid the self-healing process and thereby improve body functions and the overall well-being of the patient.

Osteopathy relies on osteopathic manipulative treatment (OMT) as one of its basic methods. It is a manual technique using **mobilisation**, stretching and massage of muscles, joints and soft tissues, thanks to which a skilled osteopath is able to:

- restore or improve ROM in joints,
- relieve muscle tension,
- increase blood supply to tissues,
- alleviate pain,
- enhance the body's self-healing capacity.

Osteopathy is used to treat certain conditions affecting bones, joints and muscles, including hip problems, lower back, neck and shoulder pain, sports injuries or bad posture. Some suggest it can also be used to treat conditions which are not directly connected with the musculoskeletal system, such as **digestive** problems, migraines or painful periods. However, there is no conclusive evidence to support such a claim.

Some of the most widely used osteopathic techniques include:

MYOFASCIAL RELEASE (MFR)

This technique focuses on the fasciae, i.e. the sheets or strands of connective tissue which surround, support and protect muscles. As a result of overuse, infection, trauma or prolonged inactivity, these structures may become restricted. By applying sustained low-load pressure to them, an osteopath can cause them to **elongate**. This allows muscles to relax and eases pain.

MUSCLE ENERGY TECHNIQUE (MET)

This technique requires the patient to **contract** a given muscle for a few seconds against a gentle resistant force applied by the osteopath. The pressure is then released, the muscle relaxes and after a brief pause the procedure is repeated three to five times. With each repetition, the muscle is stretched a bit further, increasing ROM.

STRAIN COUNTERSTRAIN TECHNIQUE (SCS)

This technique focuses on finding **tender points** in the body and subsequently manipulating the joint which connects to them, in search of a position where pain disappears completely. After finding the correct angle, the patient holds it for about ninety seconds and then releases. This technique gradually improves ROM, relieves muscle spasms and alleviates pain.

Osteopathy is a distinct form of medical practice. In many countries osteopaths are government-registered and undergo several-years' training. However, there is a certain amount of scepticism and controversy surrounding osteopathy. Although there is little scientific proof that it actually works, hundreds of patients report some improvement in their condition. Sceptics claim that it is a placebo effect and anyone giving a massage could heal a patient, if the patient believed they were being treated correctly.

2. Match the words in bold from the text to the definitions below.

Dopasuj pogrubione wyrazy z tekstu do poniższych definicji.

1. _____ – to cause a muscle to become shorter and more tense
2. _____ – points which are sensitive and painful upon touching
3. _____ – to make something longer
4. _____ – connected and capable of affecting each other
5. _____ – connected with the process of digestion of food, i.e. decomposition of food into nutrients in the stomach and intestines

CHIROPRACTIC TREATMENT

1. What does a chiropractor do? Read the text to find out.

Czym zajmuje się chiropraktyk (kręgarz)? Przeczytaj tekst, aby się dowiedzieć.

CHIROPRACTORS

The central nervous system consists of the brain, the control centre of the body, and the spinal cord, which is responsible for transmitting information to and from the brain. The spinal column (or spine) protects its core part – the spinal cord. Because the spinal cord is connected to the brain if the spinal cord or a part of it is damaged, some sections of the body may be **permanently** disconnected from the brain. As a result, some body parts may stop functioning properly. This means that a seemingly **insignificant misalignments** of the spine can lead to **malfunctions** in body parts located even at a significant distance from the spinal cord itself. A type of alternative medicine treatment which focuses on the spine and uses spinal manipulation to improve body function and relieve pain is called chiropractic.

Chiropractors believe that the nervous system plays a vital role in disease development. Chiropractors share the view that **subluxations**, misalignments of the spine, interfere with nerve signals from the brain. If the transmission of nerve impulses is **disrupted**, some parts of the body may stop responding in an optimal way. To improve function, alleviate pain and correct misalignments chiropractors perform "adjustments". Chiropractors believe that these adjustments facilitate the body's ability to heal itself. The chiropractor's role is to create the right conditions for the healing process to begin.

Chiropractors use many different techniques to adjust misalignments. One of the more popular techniques is called **spinal manipulative therapy (SMT)**. This form of spinal manipulation involves applying rapid, controlled force to a joint of the spine. Joints are filled with synovial fluid. Synovial fluid lubricates the joints and minimises bone friction. When a joint is immobile for a longer period of time, some of the fluid seeps out. When the fluid seeps out, it creates a change in pressure. The change in pressure creates a vacuum. The **vacuum** makes the **air bubbles** that form in synovial fluid collapse, resulting in an audible "pop" or "crack", characteristic of chiropractic treatments. When air bubbles form in the fluid, people feel a tightness of that particular joint. Popping brings an instant release of tension. It also relieves pain, facilitates movement and improves muscle function. Although chiropractors focus on the spine, some specialise in other areas of the body as well and help patients suffering from lower back pain, scoliosis, arthritis, joint pain and neck pain.

2. Read the text again and answer the questions below.

Przeczytaj tekst ponownie i odpowiedz na poniższe pytania.

1. What is the spinal cord responsible for?
2. What can spinal cord damage result in?
3. What is chiropractic?
4. What happens when the transmission of nerve impulses is disrupted?
5. What are adjustments?
6. How does spinal manipulative therapy work?

7. What is the function of synovial fluid?
8. Why do joints "pop"?
9. What kind of conditions can spinal manipulation help with?

3. **Match the Polish words to their English equivalents.**

Dopasuj polskie słowa do ich angielskich odpowiedników.

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|---------------------------------|--------------------------------|
| 1. na stałe, ciągle | a. disrupted |
| 2. przesunięcie | b. malfunction |
| 3. mało znaczący, nieistotny | c. chiropractor |
| 4. próżnia | d. air bubble |
| 5. podwichnięcie kręgów | e. misalignment |
| 6. chiropraktyk | f. subluxation |
| 7. zakłócony | g. permanently |
| 8. pęcherzyk powietrza | h. spinal manipulative therapy |
| 9. niewydolność | i. insignificant |
| 10. terapia manualna kręgosłupa | j. vacuum |

4. **Read the text about controversies surrounding chiropractic treatments. Why are they considered controversial?**

Przeczytaj tekst o kontrowersjach wokół zabiegów chiropraktycznych (kręgarskich). Dlaczego są one uważane za kontrowersyjne?

A CONTROVERSIAL TREATMENT

Although chiropractic treatments have many health benefits, there is a certain amount of controversy surrounding them. First of all, chiropractic treatments are not considered a mainstream health care service. Although many countries legalised chiropractic treatments, they are still considered alternative medicine in others. Another controversy pertains to the existence of subluxations. Vertebral subluxations do exist and are caused by dislocated or misaligned vertebrae. When vertebrae move out of place they may irritate spinal nerves. Even a seemingly insignificant disruption to nerve impulse transmission may prevent parts of the body from responding in an optimal way. The impulse interference has a mechanical origin which may prevent parts of the body from working properly. A chiropractic subluxation is thought to cause disease by disrupting nerve supply to organs. However, there is no conclusive evidence to support this claim. Having said that, spinal manipulation does in fact help alleviate back pain and improve range of motion. But then again so do other therapeutic modalities which seem to be safer. Which brings us to another issue that sparks controversy. Safety. Chiropractic treatments are only safe if they are performed by a certified practitioner. If adjustments are performed by a clueless quack, complications may be quite serious. Some inexperienced chiropractors use devices or hand-held mallets to align vertebrae. This may do more harm than good. Other complications include: ruptured arteries, strokes, paralysis and even death.