

# **Session 5: “An ELT Course on an Orthopedics Case Report Focusing on Reading Comprehension, Summary and Lexical Analysis”**

*Professor Renato Schiavo, October 27th, 2020*

## **Course Syllabus**

1. Summary clues for the introduction;
2. Summary of the Case Presentation (Patient), with blanks;
3. Article analysis with language highlights;
4. Questions on selected areas from the Rehabilitation section;
5. Vocabulary and pronunciation spot.

**Introduction Clues: Use the words from the box below to fill in the blanks in the sentences from the Introduction section.**

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*STABILITY – COPERS – SURGICAL INTERVENTION - OSTEOARTHRITIS –  
COSTS – LAXITY*

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1. It is reported that those who have sustained an ACL injury have a far greater risk of developing \_\_\_\_\_.
2. Once the effusion is resolved and range of motion is restored, surgery is recommended for restoring joint \_\_\_\_\_.
3. If some (patients) can cope with an ACL-deficient knee, they can potentially save on health-care \_\_\_\_\_.
4. Patients completed self-reported questionnaires and were evaluated for knee \_\_\_\_\_ at rest.
5. The investigators implemented an algorithm with 345 highly active patients to determine whether ACLD patients could be classified as \_\_\_\_\_.
6. We aimed to learn if this screening tool could be used to return an ACLD women's soccer player to sport without \_\_\_\_\_.

**Case Presentation Summary: Fill in the blanks in the summary below by drawing on the word clues provided. Note that first letter and number of spaces for each word are given.**

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*“A 21-year-old collegiate women’s soccer player reported feeling a p\_\_ in her left knee during a cutting maneuver. Her knee then demonstrated tests consistent with an ACT r\_\_\_\_\_. One day postinjury, she presented with normal full-weight-bearing g\_\_\_\_. The physician and patient discussed the possibility of nonsurgical m\_\_\_\_\_. The patient expressed concerns about her ability to complete the duties and tests required after undergoing A\_\_\_\_.”*

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**Rehabilitation Section: Answer the following questions about the referred section of the Case Report.**

1. How long did the rehabilitation progression take?
2. What procedures were introduced to maintain patient's full flexion?
3. What was recommended for balance training?
4. What measure was taken to provide patient with increased protection against potential contact?
5. What was the focus on her therapeutic exercises before full-participation phase?

**KEYS**

1. 3 weeks.
2. Stretching, strengthening of the quadriceps, harmstrings and proximal hip.
3. 10 perturbation sessions using rocker and rollerboard.
4. Patient was fitted with an ACL brace.
5. Strengthening and neuromuscular control.

**Lexical Analysis: How well can you pronounce the words below?**

*ANTERIOR*

*KNEE*

*OSTEOARTHRITIS*

*MENISCI*

*ALGORITHM*

*STRENGTHENING*

*QUADRICEPS*

*EVENTUALLY*

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*Thank you for watching. For doubts and/or  
suggestions, find me at  
[martinsrnt@gmail.com](mailto:martinsrnt@gmail.com)*

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